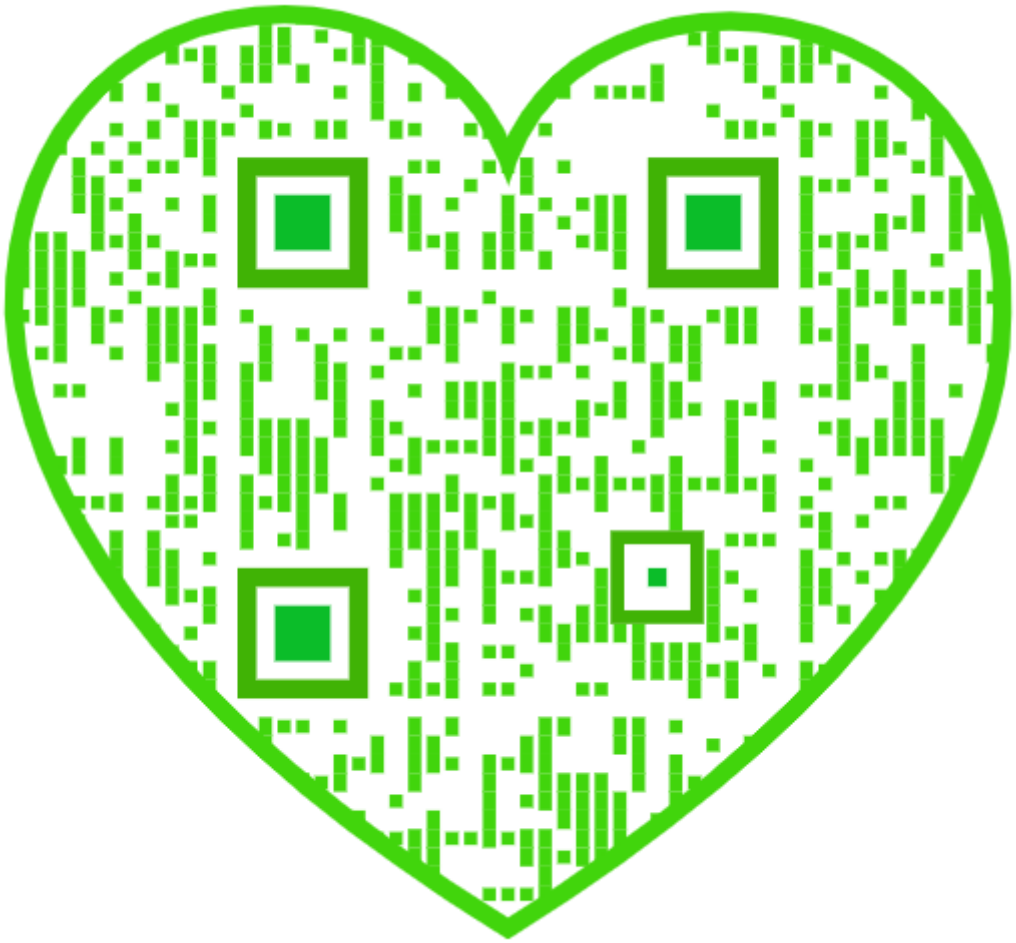
Cooking and Baking on Shipboard

WAR SHIPPING ADMINISTRATION
FOOD CONTROL DIVISION

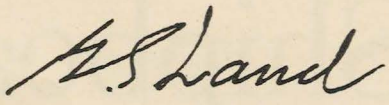


Cooking and Baking on Shipboard

"This volume is dedicated to the Cooks and Bakers of the United States Merchant Marine.

There is nothing more important than good food on shipboard. I know what a fine job the Cooks and Bakers have done in the tremendous task of feeding the men of the merchant fleet. To help them we have had this book prepared by practical and experienced men. Every possible step has been taken to make it a complete and authoritative text on shipboard feeding.

We hope that it will help every Chief Steward, Cook, and Baker in the performance of his duties."



Chairman, United States Maritime Commission
Administrator, War Shipping Administration

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Cooking and Baking on Shipboard

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OFFICIAL MANUAL

WAR SHIPPING ADMINISTRATION—FOOD CONTROL DIVISION
1945

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This book has been prepared by the War Shipping Administration, an Agency of the United States Government.

Cooking on Shipboard Comes of Age

"When do we eat!"

Throughout the years, this loud and lusty call of the "inner man" has been a challenge and an inspiration to good cooks everywhere. Aboard ship, however, it probably should be changed to, *"What* do we eat?" . . . for while the times for meals are scheduled according to a seldom-changing routine at sea, the food itself varies greatly from meal to meal and day to day.

And rightly so! Seafaring men bring to the table the heartiest appetites in the world. They need good food—plenty of it—and variety in both the menus and preparation.

Luckily, great strides have been made in the provisioning of ships . . . and in the many new methods of preparing food so it ranks high in taste appeal as well as wholesome, nutritious values.

The "Good Old Days"

No longer do men who go down to the sea in ships live on a daily menu that is monotonous beyond belief. In early times, hard-tack and salt pork were the staple diet for months and sometimes for years. Gulls, albatrosses

and other tough sea birds were hailed as delicacies. Sailors even ate the skins fastened around the masts and yardarms as a protection against the ropes of the sails.

If things went well and the weather was good and they were not suffering from lack of sleep or overwork, dinner which was served at two or three o'clock in the afternoon became the center of the day's gaieties. That was the only occasion upon which the crew could give vent to its need for a little mental relaxation, for some slight change in the ordinary routine—anything that would help break the monotony of water and sky and sky and water, salt pork and boiled beans and boiled beans and salt pork.

The large copper stewpan in which their food was cooked and served was the beginning and end of all those practical jokes which are so dear to the hearts of seamen who are bored. The man who could slip an old sock or shoe into the soup-pot just before the quartermaster gave the signal to begin was quite a popular hero—except with the poor cook who was apt to be given "twelve lashes for gross negligence," an operation which all the crew most happily attended.

Times Have Changed

Today, that all belongs to the not-so-romantic past. Instead, your modern seaman squares away to a meal which, if properly prepared, would do justice to any home kitchen. The finest of fresh meats, fish and poultry are put aboard hard-frozen, with all their appetizing flavors "sealed in." Fresh eggs . . . creamery butter . . . choice fruits and vegetables . . . "home-tasting" jams and preserved fruits . . . puddings and pastries—these and many other delicacies are now "sea-going" foods.

Improved Conditions

Galley equipment, too, has been the subject of vast improvement. Pressure cookers . . . modern ovens and ranges, allowing safer, surer methods of temperature control . . . scientifically designed coffee urns and soup kettles . . . all contribute to better results with less work and worry.

At the same time, the working hours and duties of galley personnel have been arranged so that every man can give his best to the job at hand. Where the Cook once "turned to" in a sudden squall and trimmed sail aloft with the crew, he's now assured of uninterrupted time for his own duties—*and* leisure.

Truly, great and progressive steps have been taken in recent years to improve the quality and quantity of food served aboard ship. And why?

Simply because food is now rightfully recognized as *one of the biggest morale factors on any vessel!*

Good Food Boosts Morale

That steak—looking so grand as it sizzles there on the galley stove, with the bright red of its lean flecked with fat—is more than just a very good piece of beef . . .

It will give an all-important "lift" to the working energy and dispositions of every man on board!

Those crisp, green vegetables that appear to be freshly harvested as they come up from the cooler aren't merely the "makings" of another boiled dinner . . .

Properly prepared in a tasty, distinctive manner, they'll go far to provide needed nutrients and break the monotony of daily shipboard routine.

That pot roast, when cooked as nature and good cooks intended it should be, all the way from the browned outside edges right down to the last sop of gravy that a crust of bread mops up, is a whale of a lot more than just good eating . . .

It's your best advertisement that you know your job!

Like the Skipper who can be depended on to get you through the tight spots . . . like the Chief Engineer with the "know-how" to pull a few extra knots out of nowhere . . . the Chief Steward, Cook or Baker who can consistently turn out good food has the respect of every man who sails with him!

No question about it, food—*good food*—is a big part of that essential thing we call morale . . . making all the difference between a happy and an unhappy ship.

As such, you'll want to know how to prepare it well. You'll want your men to know how to prepare it well. And to succeed in both, you'll want to read this new "sea-going" Cook Book from cover to cover—to learn what information it contains and how you can find it quickly. We're ready to begin, so let's shove off.

"Good Sailing!"

★ ★ ★ ★ ★

"THE GOOD OLD DAYS"

"A Yankee ship's gone down the river,
Blow, boys, blow!
And what do you think they got for their Dinners?
Blow, my bully boys, blow!
Dandyfunk and donkey's liver,
Blow, boys, blow!
And what do you think they got for their Suppers?
Blow, boys, blow!
Belaying pin soup and a roll in the scuppers!
Blow, my bully boys, blow!"

As this famous old chantey indicates, meals in the days of sailing ships left something to be desired.

Need for a "Sea-Going" Cook Book

A guide and reference book has long been needed by the Stewards, Cooks and Bakers sailing on vessels of the United States Merchant Marine.

The Deck Department has its charts, maps and direction finders to plot the vessel's course. For the Engineers, there are blueprints and tables. Now the many thousands of newly-trained Cooks and Bakers . . . the men about to be trained and the experienced men already serving in galleys the world over . . . can come into their own with a complete and up-to-date Cook Book that will be their guide and reference in the galley.

What Information This Book Provides

This manual of cooking and baking aboard ship gives all the information necessary to help the Cook and Baker produce good food for the ship's crew.

Menu ideas; principles of nutrition, safety and sanitation; care of equipment; definitions of ingredients and terms; tables of weights and measurements that simplify galley arithmetic; work sheets to help you plan ahead—all have been included to give you the information you need to turn out consistently good food. Each recipe contains the yield (number and size of servings) and the

quantities of ingredients. The methods of preparing or combining the ingredients are described step by step. Many of these steps contain special cautions to help you avoid error or mishandling.

How To Use This Book

1. *Look* over the Table of Contents. Familiarize yourself with what the book contains.
2. *Read* the opening chapters—
   Food and Health
   How Menus are Planned
   Safety in the Galley
   Sanitation
   How to Get the Most Out of Your Food.

3. *Learn* how to read and use the recipes so you can follow instructions quickly. Note the variations—suggested use of leftovers. The reconversion tables help you change a recipe for 100 men to quantities for any number in a few moments.
4. *Look* in the glossary—see what information it contains.
5. *MOST IMPORTANT—Learn to use the index.* This Cook Book contains a wealth of information. You'll save yourself time and energy by finding what you want by *first* looking it up in the index.
6. *Finally, put the book to work.* It is designed to do part of your job for you. However, no book is a substitute for common sense. You, the Cook or Baker, are finally responsible for the finished product. No recipe or formula will work by itself; no recipe can meet all conditions or circumstances. Exercising good sense and judgment, every Cook and Baker, from student to "old timer", can and should use this book as a guide and reference, adhering to its recipes as *closely as possible* and making only such adjustments or variations as are necessary or as will please the crew.

Who Will Use This Book

Student Cooks and Bakers . . . This book is intended to serve as a textbook for Cooks and Bakers in the process of being trained, and as a reference and reminder after leaving training school.

Experienced Cooks and Bakers . . . While methods of cooking are simple and already known to most experienced Cooks and Bakers, they will obtain many helpful suggestions, remedies for difficulties, new recipes and reminders regarding methods. The important use for experienced Cooks and Bakers will be in the quantities of ingredients for the many dishes. No man can be expected to carry all these amounts in his head.

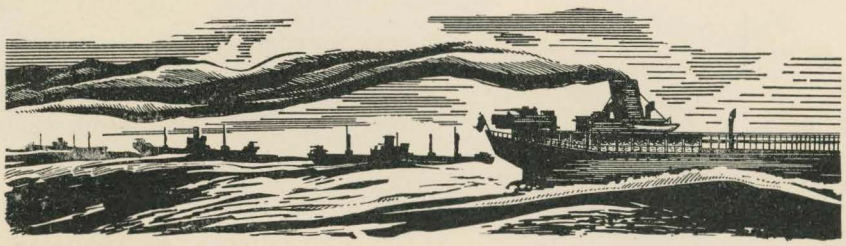
Chief Stewards . . . The quantities of ingredients in each recipe will serve as a guide in determining the quantity of issues, and as a check on the preparation of all food.

In the Training and Up-Grading Schools and Retaining Centers . . . as a textbook for men training to become Cooks and Bakers, and men being up-graded or taking refresher courses.

In the Galley Aboard Ship . . . As a quick reference during preparation periods. Some recipe cards duplicating the information in the book will be supplied. In other instances, the book itself will be the guide and reminder in the galley, while the cook is working.

In the Cook's and Baker's Quarters . . . For the conscientious Cook or Baker who wants to improve his work and knowledge of his trade—*who wants to get ahead*—this book will prove invaluable. With a little diligence, using the book as a study guide in his spare time, he can return from a trip well prepared to take on new responsibilities, a higher rating and extra pay.

Remember, this is *your* book—written with the one idea of helping you prepare better-tasting food with less work and worry. You owe it to yourself—*and* your shipmates—to get the most you can out of the pages that follow.



Food and Health

Of all the responsibilities shared by the Chief Steward and the Cooks who work with him, the most important by far is the *good health* of the crew. For the health and well-being of all hands depend to a large extent on the kind and amount of food they eat.

We have only to go back a few hundred years in maritime history to get dramatic proof of how true this is. In those days it was not unusual for twenty to thirty percent of a crew to die on a single voyage as the result of diet deficiencies. Many more suffered from marked fatigue; pains in the muscles and joints; bleeding into the skin; soft, bleeding gums; bad teeth and a host of other ailments all known as *scurvy*.

The discovery that scurvy resulted from the *lack* of something in the food sailors ate came as a revolutionary idea. Later it was learned that drinking lime or lemon juice would completely prevent this disease. Eventually scientists proved that it was the vitamin C in the lemons and limes that brought about this spectacular saving of life.

Today, it is an accepted fact that by eating the right foods we go a long way towards achieving good health, resistance to disease and the energy to carry on a day's work.

As Ship's Cook, you may not have time to go deeply into the subject, but you cannot afford to ignore the basic facts of nutrition. It is not necessary to understand all the details of the vitamins and minerals—that is a subject for the specialist. But your many responsibilities demand that you at least know the principles which are so essential to maintaining and improving health.

The Story Behind Nutrition

We all know, for example, that food provides heat and energy, material for building and repairing the body processes. The substances in foods which contribute to these needs of the body are called *nutrients*. More specifically, they include proteins, fats and carbohydrates, minerals and vitamins. As no single food provides all nutrients, it is necessary to eat many types of food to obtain these essential substances. Let's see exactly what nutrients are . . . what they do . . . and where they are found.

Proteins

Proteins furnish essential building and repairing material for bones, muscles and other tissues of the body. They also furnish energy and help to regulate body functions.
Best sources: Milk, cheese, eggs, meat, fish and poultry.
Other sources: Dried peas and beans, nuts, cereals and vegetables (canned or fresh). Usually protein from animal sources is superior to protein from vegetable sources.

Fats and Carbohydrates

Fats and carbohydrates are the chief energy-producing foods.
Best sources of carbohydrates: Flour (bread, cakes, pastry), spaghetti, macaroni, rice and other cereals, sugar, syrups, potatoes, fruits and vegetables (canned or fresh).
Best sources of fats: Butter, vegetables, oils, lard, meat, milk.

Minerals

Minerals are needed by the body for growth and maintenance of body structure and processes. Some minerals are present in sufficient quantities in most foods to supply required amounts in average diets. Calcium and iron, however, are exceptions and may be too low in the diet unless special care is taken in menu-planning.

Calcium: Combined with phosphorus, furnishes the material from which bones and teeth are built, aids in the clotting of blood, and in regulating the action of nerves and muscles.
Best sources: Milk, cheese, molasses.
Other sources: Leafy vegetables, dried beans, soy beans.

Iron: Required for the red blood cells. Unless sufficient amounts of iron are present, the blood cannot efficiently carry oxygen to all parts of the body.
Best sources: Eggs, meat, fish, molasses, green vegetables (canned or fresh), dried fruits, dried beans, whole grain cereals, enriched flour.

Salt (common table variety): Helps to regulate body processes. In very hot climates, salt is lost in sweating and must be replenished, to help prevent heat cramps, heat strokes, and heat exhaustion.
Best sources: Usual seasoning of food by the Cook. More can be added "to taste."

Vitamins

Vitamins are needed to assist the body in utilizing its foods. They are required in small but definite amounts in order to keep an individual in the best state of health. Here are the most important vitamins:

Vitamin A: Helps keep up resistance to infection. Lack of this vitamin may bring on night blindness, colds, dry and rough skin.
Best sources: Whole milk, butter, eggs, liver, kidney, tomatoes, green and yellow leafy

vegetables (canned or fresh), fish liver oils, apricots.

Vitamin B Complex

Thiamin (Vitamin B_1): Part of the so-called "B-complex" and is sometimes called the "morale" vitamin. Lack of thiamin results in loss of appetite, fatigue, disturbances of digestive functions, muscle cramps, inflammation of the nerves, beriberi.
Best sources: Whole grain or enriched flour and cereals and breads and rolls made from such flours. Also peas, beans, meats (especially lean pork), liver, kidney, dried brewer's yeast, fruits and vegetables (canned or fresh).

Riboflavin (Vitamin B_2): Deficiency of this vitamin may cause loss of weight, digestive disturbances, sores and cracks of the lips, glare blindness.
Best sources: Milk, cheese, eggs, liver, kidney, dried brewer's yeast, meat, whole grain cereals, enriched flour and bread, leafy green and yellow vegetables (canned or fresh).

Niacin: Another of the "B-complex" vitamins. Lack of it may cause loss of appetite, indigestion, diarrhea, sore tongue and mouth, scaly and ulcerous lesions of the skin, mental disturbances, pellagra.
Best sources: Enriched flour and cereal, bread made from enriched flour, meat, fish, liver, milk, leafy green and yellow vegetables (canned or fresh).

Ascorbic Acid (Vitamin C): Prevents scurvy, formerly a common ailment at sea. Lack of this vitamin causes degeneration of muscle fibres and bone structure, bleeding gums, slow healing wounds, loose teeth, hemorrhages in the skin. This vitamin is easily destroyed by heat and air, by baking soda used in cooking, or by lack of proper refrigeration of foods containing vitamin C.
Best sources: Citrus fruits (oranges, lemons, limes, grapefruit, tangerines and their juices), strawberries, papayas, mangoes, guavas, tomatoes, tomato juice, potatoes, cabbage, sprouts, green peppers, watercress.
Good sources: Other vegetables, some fruits. All may be canned or fresh.

Vitamin D: Known as the "Sunshine Vitamin" as it is manufactured in the body itself by the action of sunlight. Shortage of this vitamin produces faulty bone formations, particularly rickets.
Best sources: Sunlight, eggs, fish liver oils.

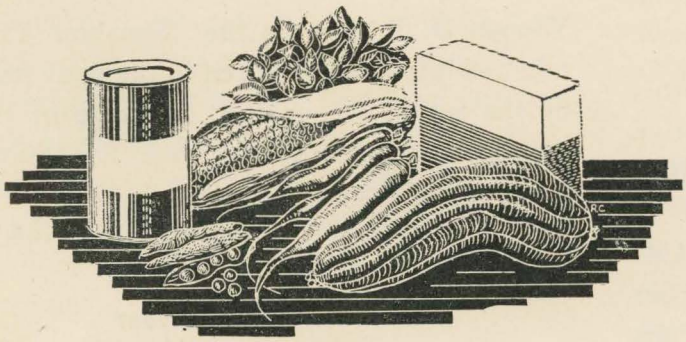
Vitamins Are Important

The complete lack of any one vitamin will cause severe illness. However, it is rare that the diet of the average person will be totally lacking in any one vitamin. Usually a diet lacking one vitamin will be lacking in several. Moderate deficiency in several of the vitamins is common, though . . . and this can be the cause of getting tired easily, having frequent colds, digestive upsets, headaches, or not "feeling up to par". *It is important, therefore, that the daily menu contain food with right amounts of all the vitamins, as well as other nutrients.*

How Menus Are Planned

The menus are planned by the Steward and he will probably consult with the Cook on supplies, facilities and other factors affecting the choice of foods to be served. It is important, therefore, for the Cook to understand the "reasons why" behind every good menu.

To plan a balanced menu, it is not necessary to refer to complicated tables of mineral and vitamin requirements. Menu-planning has been made easy by the "Basic 7" food chart—a complete, simple guide to the types of foods that must be eaten daily for health, and to the amounts of each type required.

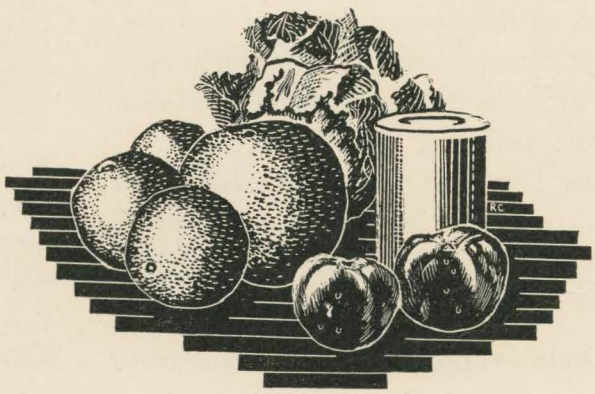


GROUP ONE

GREEN and YELLOW
VEGETABLES
(raw, cooked, frozen,
canned)
2 SERVINGS

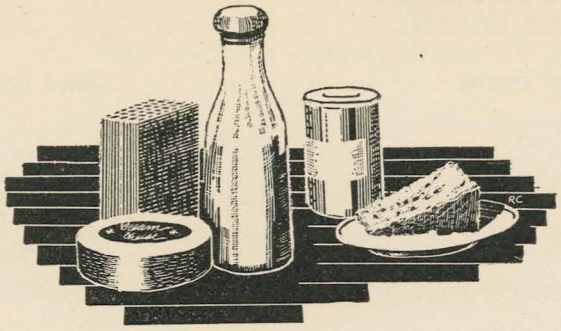
GROUP TWO

ORANGES-TOMATOES
GRAPEFRUIT
RAW CABBAGE
SALAD GREENS
2 SERVINGS



GROUP THREE

VEGETABLES and
FRUITS
(raw, dried, cooked,
frozen, canned)
2 SERVINGS and
1 POTATO

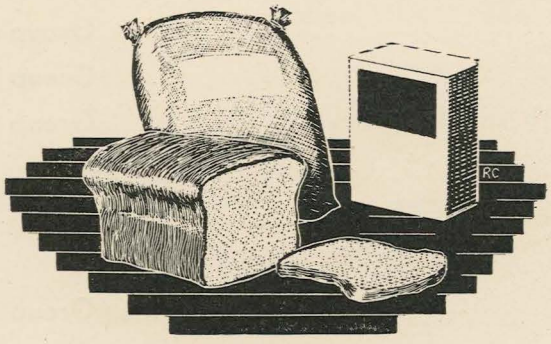


GROUP FOUR

MILK—MILK PRODUCTS
(fluid, evaporated, dried milk, cheese)
1 PINT or EQUIVALENT

GROUP FIVE

MEAT—FISH—FOWL
1 SERVING and
1 EGG

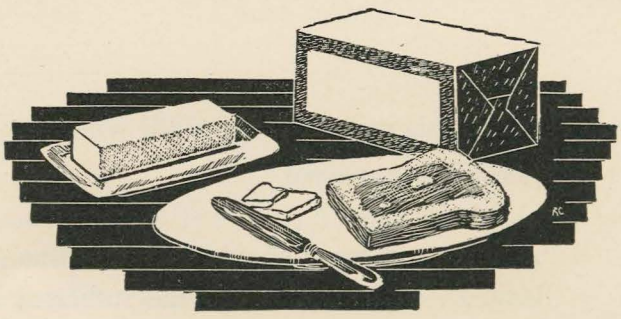


GROUP SIX

BREAD—FLOUR
CEREALS
(natural whole grain or enriched and restored)

GROUP SEVEN

BUTTER and
FORTIFIED MARGARINE
(with Vitamin A)
1 to 2 OUNCES DAILY



MENU PATTERN

Menu Item	Types of Foods	Food Groups
BREAKFAST		
Fruit	Citrus or other fruit or juice. Fresh, dehydrated, canned	Group 2 or 3
Cereal	Hot, cold or whole grain	Group 6
Milk	Fresh, evaporated, reconstituted (if dehydrated)	Group 4
Main dish	Eggs, ham, bacon, sausage, creamed dried beef	Group 5
Bread, rolls		Group 6
Butter		Group 7
Beverage	(If milk or cocoa made with milk)	Group 4
Sugar and jam		
DINNER		
Relish	Carrot strips, scallions, cabbage, olives, pickled beets, celery	Group 2, 3
Soup	(If creamed)	Group 4
Salad	Greens, vegetables, fruit	Group 1, 2, 3
Main dish	Meat, fish, poultry	Group 5
Vegetables	Potato. Also leafy, green, or yellow vegetables. Frozen, canned, dried or fresh	Group 1, 2, 3
Bread		Group 6
Butter		Group 7
Beverage	(If milk or cocoa made with milk)	Group 4
Dessert and jam		
SUPPER		
Relish or Salad	Fruit or vegetables	Group 1, 2, 3
Main dish	Meat, fish, poultry	Group 5
	or	
	(if vegetable)	Group 3
Vegetable	Leafy green, yellow	Group 1, 2
Bread		Group 6
Butter		Group 7
Beverage	(If milk or cocoa made with milk)	Group 4
Dessert and jam		

A balanced menu should include some food from each group in the "Basic 7" each day to provide sufficient nutrients. All menus should follow the basic Menu Pattern which is shown above.

Using the Menu Pattern and "Basic 7" Food Chart as guides, a sample balanced menu for one day might be as shown below. (Because many ships prefer a double choice of the main dish, suggested alternates are also listed.)

BREAKFAST

Grapefruit Juice — Oatmeal with Milk

Eggs Cooked to Order — Pork Sausage or Buckwheat Cakes

Bread or Rolls

Jam — Butter

Coffee — Tea — Cocoa or Milk

DINNER

Cabbage Relish — Green Split Pea Soup

Baked Sugar-Cured Ham with Pineapple and Raisin Sauce

Diced Beef Hash

Spinach, Dutch Style — Buttered Carrots

Fried Sweet Potatoes

Bread or Rolls

Jam — Butter

Orange Layer Cake

Coffee — Tea — Cocoa or Milk

SUPPER

Green Vegetable Salad

Veal Steak Saute

Spaghetti with Meat Sauce and Parmesan Cheese

Buttered Green Beans — Baked Potatoes

Bread or Rolls

Jam — Butter

Fruit Gelatin with Custard Sauce

Coffee — Tea — Cocoa or Milk

Other Factors in Menu Planning

The "Basic 7" Food Chart leaves a wide range of choice between types of meats and vegetables that can be served, and methods of preparation. Variety, contrast, and the likes and dislikes of the men should always be considered when making the final selection.

Importance of Main Dish

The main dish (usually meat) is the basis of the meal, and the other foods selected to accompany it should be chosen for their appropriate taste-appeal and eye-appeal.

Plan for Variety

One of the secrets of appetizing meals is variety. As many types of foods as possible should be included to avoid monotony. Be sure that no food is served more than one way in any single meal.

For example, if the soup is flavored with tomatoes, a tomato sauce should not be served with the meat, nor should the salad contain tomatoes. Again, if the dessert is apple pie, serving applesauce or apple salad would be monotonous.

Although certain combinations of foods are popular, an element of surprise also gives the meal variety. For example, roast lamb, mint sauce, and green peas are a traditional combination, but roast lamb is also good with currant jelly, and green beans or Hubbard squash. The new combination will lend variety to meals built around lamb. Candied sweet potatoes are delicious with baked ham, but so are baked potatoes, scalloped potatoes and creamed new peas. These should be served occasionally with ham.

Plan for Contrast

Menus should be planned for contrast in the flavor, texture, color and form of the food served together in a meal.

In flavor: A savory or a tart food should be served with a bland one. For example, fish can be accompanied by lemon, tomato or tartar sauce, and scrambled eggs with sausage.

In texture: Crisp foods should be served with soft foods. Italian spaghetti with meat balls needs a crisp green salad for contrast.

In color: Colorless foods should be served in combination with colorful foods to give the plate "eye-appeal"—for example, serve green peas with chicken fricassee, broccoli with roast veal, sweet potatoes with roast pork.

In form: Only one mashed, creamed or scalloped food should be served in a meal. Avoid mashed potatoes with mashed squash, creamed potatoes with creamed carrots, stewed tomatoes with stewed corn.

The Likes and Dislikes of the Men

The three meals a day you prepare for the crew are the "high spots" in their daily routine. Tempt their palates with food they like. Also, remember that weather conditions and climate affect the crew's appetite. Plan to serve crisp foods and ice cold beverages in hot weather, to contrast with warm dishes. Serve substantial hot foods in cold weather.

Can You Prepare the Menu Easily?

All menus should be within the capacity of the galley crew, equipment and supplies. Check your menu against these factors:

Galley facilities: Can your men prepare it well? Unless the galley crew is well trained and experienced, menus should consist of simply prepared foods.

Available Supplies: Are you using the most perishable foods first? Also, be sure to make quick and full use of leftovers.

Quantity: Are you planning too much—too little? Remember that if the dish is a "galley specialty" and a favorite, there will be demands for seconds. On the other hand, fewer portions of less popular foods will be needed.

Time: Will you be able to schedule the production easily? Menus should be designed using no more than two dishes which require long or difficult preparation.

Planning the Day's Work

Planning the day's work simply means scheduling the step-by-step preparation of the menu items. Every dish must be ready to serve at its flavor "peak," either piping hot or thoroughly chilled, punctually at mealtime. Every good cook knows that half his success is a matter of *timing*.

For example, two days in advance the Cook must remember to put the dinner meat in the chill box to thaw. The night before, he must remember to chill the canned fruit juice for breakfast. If the salad vegetables are not cleaned early in the morning, they will not have time to crisp. These are just a few of the countless details the Cook must fit into a time schedule. Perfect timing doesn't just happen—it must be *planned*. The simplest, easiest way to plan in the galley is to use a Cook's Work Sheet.

A Work Sheet may take many forms, ranging from a simple list of reminders jotted down by the Steward and Cook to the complicated progress charts used when thousands of servings are prepared in shifts. For the galley of a Merchant Marine vessel, the sample Cook's Work Sheet shown on the next two pages is suggested as a minimum for efficient operation.

In order to show exactly what a Cook's Work Sheet is and how one can be used, the sample that follows has been filled out as for an actual day at sea. Read it carefully. Study

COOK'S WORK SHEET

(FOR STEWARDS AND COOKS ONLY)
FILE THIS WHEN COMPLETED

SPECIAL CIRCUMSTANCES OR WEATHER Cold

MENU ITEM	SERV-INGS NEEDED	QUANTITY TO PREPARE	SPECIAL INSTRUCTIONS TO COOKS
Grapefruit Juice	50	2 gals.	Place in chill box.
Oatmeal	50	20 oz.	Be sure to salt.
Eggs (2)	45	7½ doz.	
Sausage, pork	45	10 lbs.	Bake in oven. Drain before serving. Second batch 30 minutes later.
Buckwheat cakes	15	3 lbs.	Mix
Muffins	40	2/5 rec.	Serve hot
Cabbage relish	50	½ rec.	
Green split pea soup	60	3/5 rec.	Use leftover franks.
Baked ham	50	25 lbs.	
Pineapple-raisin sauce	50	3 qts	Use leftover pineapple and juice.
Diced beef hash	15	1/6 rec.	Use cooked beef trimmings.
Spinach, Dutch style	20	1/5 rec.	Use leftover bacon
Carrots, buttered	40	2/5 rec.	Scrape clean
Fried Sweet Potato	55	2/5 rec.	Cook in small batches. Drain.
Orange layer cake	54	1½ sheets	Don't use white part rind when grating for icing.
Vegetable Salad	50	½ rec.	
Veal Steak	50	½ rec.	Don't dry out.
Spaghetti and Meat Sauce	20	1/5 rec.	Use leftover chili
Green beans	50	½ rec.	
Baked potato	40	2/5 rec.	Use leftover baked potato
Fruit Jello	60	3/5 rec.	
Custard Sauce	60	1 gal.	
	NOTE: Rec. = Recipe.		Thaw 38 lbs. hamburger for Thursday

The Steward Completes Five Columns at Least One Day Ahead.

Menu Item .....All dishes to be served.
Servings Needed .....Estimated number required, including seconds. Work Sheet file or previous experience should be consulted.
Quantity to Prepare...Can be listed in lbs., doz., qts., or amount of recipe to be prepared.
Instructions to Cooks..All reminders and special directions for Cooks, including the advance thawing of meat.
When to Start.....Schedule of preparation to assure food being at its flavor "peak" punctually at mealtime.

the explanation of each column. Note the instructions and comments; visualize how much a similar Work Sheet can help you.

Though the Cook's Work Sheet is invaluable throughout the day as a schedule and work guide, its worth does not end with one day's use, for the information it contains can be referred to again and again to avoid making the same mistake twice. For example, for every meal the Steward and Chief Cook have to anticipate the number of servings needed of each dish. Too much means leftovers, too little means disappointment for the men. As comments on results with quantities are listed on each Work Sheet over a period of time, the Chief Cook builds up a valuable record

DATE 2·21 DAY Tues AT SEA ✓ NO. CREW 45
WEEK 2nd IN PORT ____ NO. PASSENGERS —

WHEN TO START	WHEN ENDED	SERVINGS MADE	SERVINGS SHORT	SERVINGS LEFT	COMMENTS AND WHAT TO DO WITH LEFTOVERS
Night before		50	—	—	
6:30 a.m.	7:15	20	—	—	Was too salty.
To order		40	—	—	
6:45	7:15	46	—	4	Discard leftovers
7:15	To order	15	—	5	Discard leftovers
6:30	7:15	50	—	12	Were cold. Start at 6:45
11:00	11:20	—	—	—	
8:30	11:15	64	—	6	Offer at supper
7:00	11:00	55	—	6	Use for night lunch. Cold cuts
11:00	11:25	50	—	8	Use in diced ham, apple + sweets
10:00	11:15	12	2	—	Extend with raw meats.
11:00	11:30	25	—	3	Discard leftovers
11:00	11:30	40	—	7	Not browned enough.
11:00	11:30	—	—	—	
AM	AM	54	6	—	Increase to 2 layers
4:00	4:30	—	—	—	
	To order	50	—	—	
AM	AM	20	—	6	Discard leftovers
4:00	4:30	50	—	5	Use in vegetable soup.
3:30	4:30	40	—	—	Cooked use more. Prepare 65.
AM	—	—	—	—	
3:30	3:45	—	—	—	

Four Columns Completed During Cooking Time.

When Ended....Actual time dish finished cooking. Note that "to order" is listed here.

Servings Made..Number portions actually made.

Servings Short..Unfilled requests.

Servings Left...Servings left over.

Last Column Completed at End of Day.

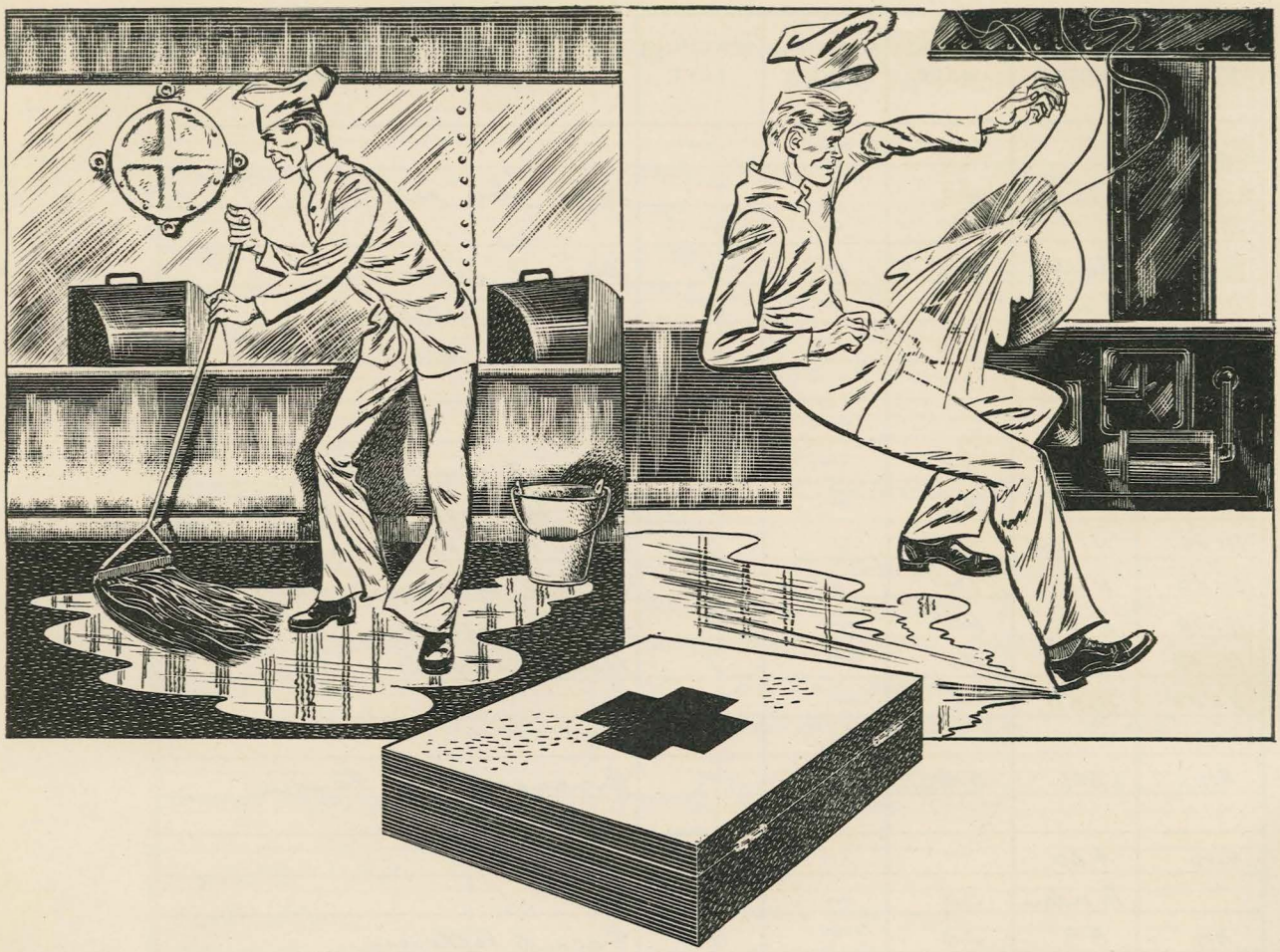
Leftovers.....The Steward and Cook will decide best use. Make instructions specific. Plan for prompt use.

Comments .....Steward will suggest adjustments that should be made next time same items are prepared.

of experience which can be consulted when the same dishes are planned again.

On the day the Work Sheet is used, pin it on a clipboard. Next to it, attach a pencil on a string. Items can be checked off as they are started and finished. You can refer to the sheet frequently throughout the day. Don't trust your memory or depend on guesswork, especially if you are inexperienced. It takes only a few seconds after each meal for the Steward and Chief Cook to note use of leftovers and add comments.

The result will be food at its best and in accurate quantities, and a galley crew that works without confusion—quickly, efficiently and confidently.



Safety in the Galley

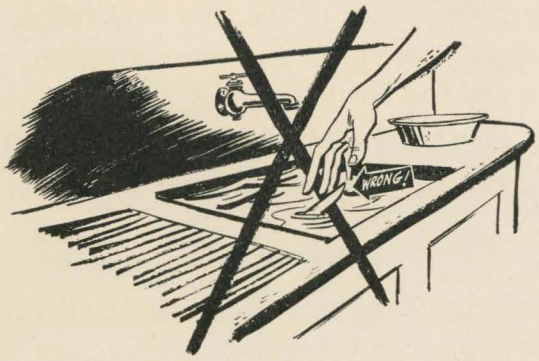
In the chapters that follow, hundreds of suggestions, recipes and formulas are given to help you feed the ship's crew well. However, in large-scale preparation of food there are many opportunities for injury and infection unless attention is given to safety and sanitation rules. Train yourself in the clean and safe working habits listed below. It will pay dividends in better results—better working conditions—better relations with the ship's personnel.

Most accidents are due to just one cause—*carelessness*. Don't take chances—the odds are against you. *Concentrate* on what you are doing and be safe.

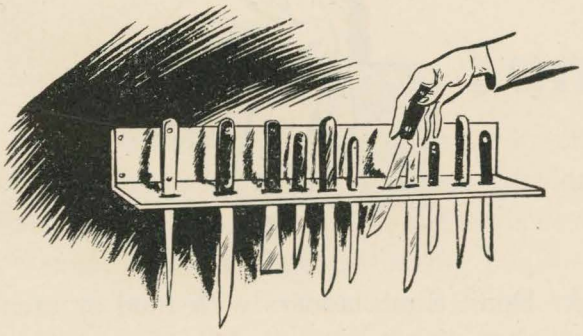
Prevent Cuts and Bruises

1. Don't start horseplay with sharp tools. That's a sure way to cause injury.
2. Remove all tools before placing meat on blocks or benches. The "hidden" tool is dangerous. If you put a piece of meat on top of a sharp knife, you may forget the knife is there and cut yourself when you pick up the meat.
3. Don't carry knives unnecessarily. If they must be carried, hold knife by the handle with its point toward the floor and the cutting edge toward you. Hold knife close and walk carefully.

4. Do not grab for a falling knife. You might miss the handle and catch the blade. Step to one side and let it fall.

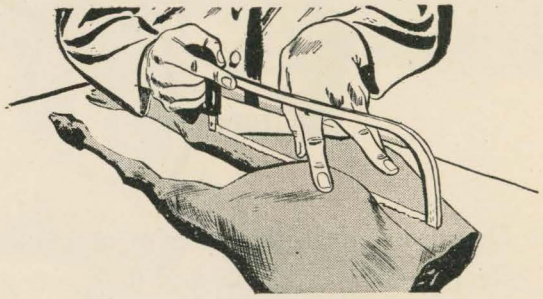


5. Do not put knives in soapy water as they cannot be seen and you may grasp the blade.
6. Don't throw knives together in a box or drawer. You risk getting cut when reaching for one. Keep knives in a knife rack when they are not in use.

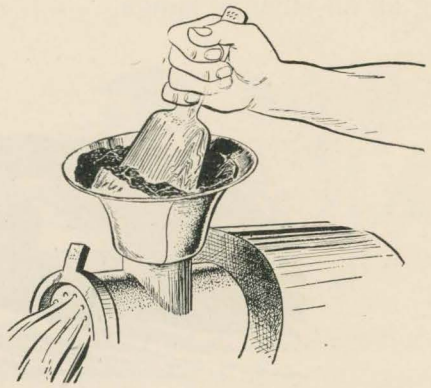


7. Keep handles of all meat tools free of grease to assure a good, safe grip; otherwise, hand may slip forward onto blade. Hold handles firmly.
8. Use the steel with care. Be sure guard is in place. Keep blade of knife away from hand holding steel.

9. When using the sharpening stone, be sure your guiding hand rides on the *back* of the blade.
10. Be extremely careful when using a boning knife. Always keep hand behind knife. Use a hand meat hook when boning meat to provide a firm hold.
11. Be careful when using the cleaver. The chopping action is difficult to control. Keep hand away from the striking area.



12. Do not force a saw blade. Forcing it through a bone may cause it to "jump" and tear your fingers. Let the saw do the work. As an added precaution, always place your index finger over the back of the saw blade.
13. Be careful of meat hooks in the chill box and refrigerator. Be careful of wire on meat packages.
14. Use a stomper to feed meat into grinder. Do not risk fingers being cut and bruised.



15. Do not leave glassware or glass containers near food preparation areas. If glass *should* break near foodstuffs, immediately inform Steward, who will decide what to do with the food.

16. Don't open cans with anything except a can opener. Remove cover completely, for the jagged edge may cause a serious cut. Keep blade and gears of can opener clean so tin will not be ground into food.

17. Do not use defective tools or machinery. Report damaged tools and machinery to Steward.
18. See that immediate first-aid is given to all scratches and cuts. This is the safest, surest way of preventing infection.

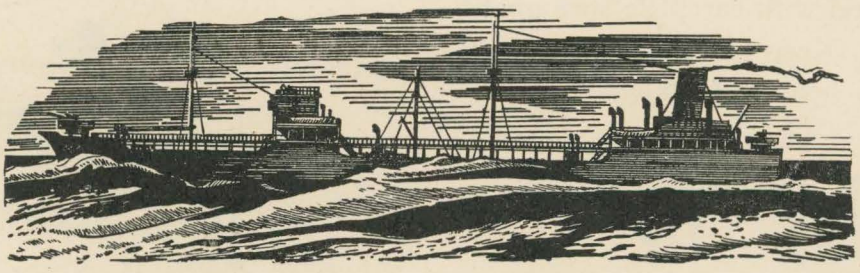
Prevent Burns

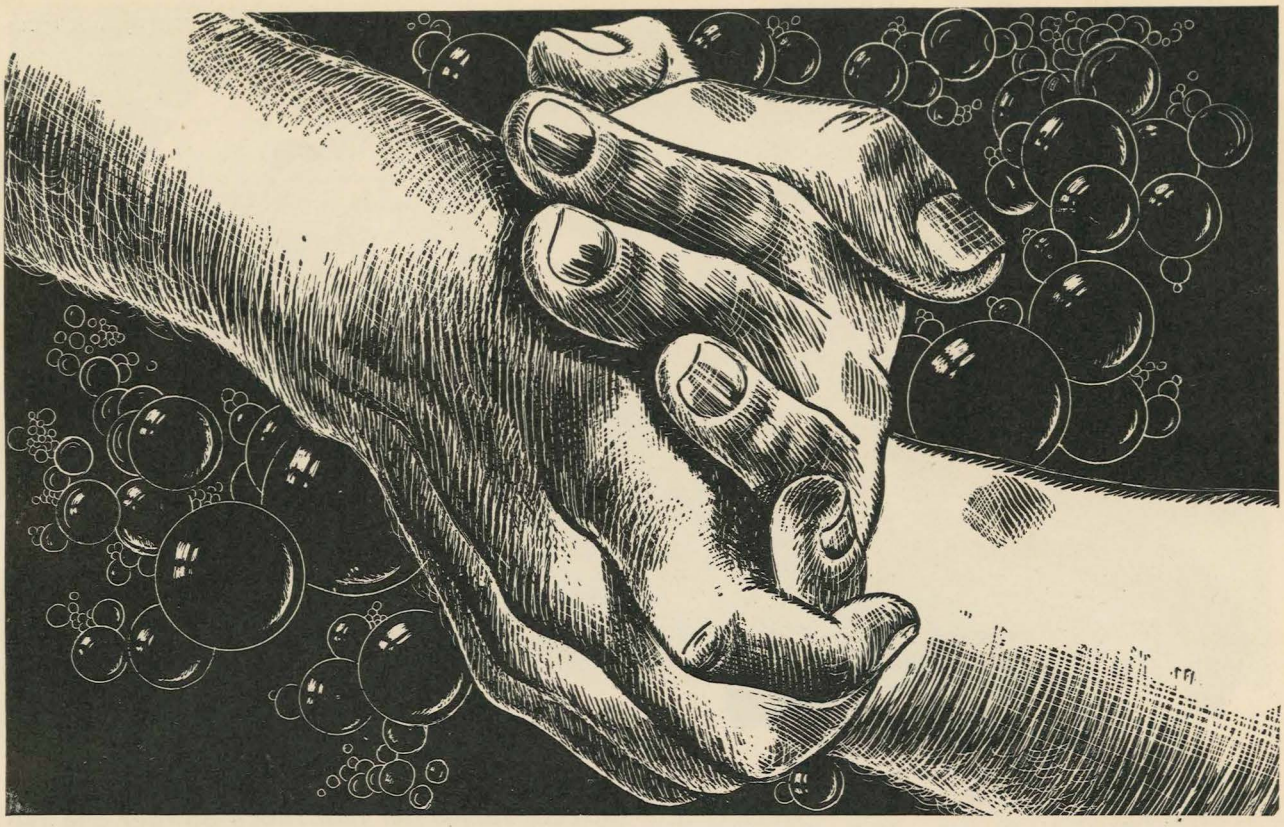
1. Use dry cloths to handle hot utensils. Wet or damp cloths transmit heat easily and may cause burns.
2. Use salt to extinguish small grease fires on top of the range.
3. Don't hold face near fire box when lighting an oil-burning range.
4. Don't have deep-fat frying pan more than two-thirds to three-fourths full of hot fat. Unless allowance is made, the roll or pitch of the ship may splash fat onto the range and cause a serious fire and bad burns.
5. Don't mix cold liquids with hot fat. The fat will splatter and cause severe burns.

Prevent Falls

1. Keep decks free of debris at all times. Remove all fat, meat trimmings and grease immediately.
2. When lifting heavy boxes, bend your knees to distribute the weight.

3. Don't climb ladders with food or utensils unless you can hold onto guard rail with one hand. Make another trip if necessary, or get someone to help you.



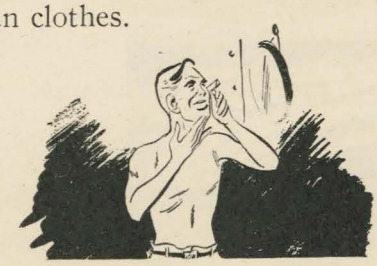


Sanitation

Every member of the galley crew directly affects the health of his shipmates. Constant handling of food and utensils demands clean personal habits and clean working facilities. High standards of sanitation help prevent outbreaks of diseases like diarrhea, trench mouth, dysentery, typhoid and diseases of the nose and throat. What's more, sanitation actually makes for better food, and the Cook's efficiency is judged as much by the condition of the galley as by the food he serves. For the sake of GOOD HEALTH and GOOD FOOD, observe these rules:

Don't Spread Disease

1. Shave and bathe daily and always wear clean clothes.



2. Fingers spread disease! Be sure your hands are clean. Wash hands thoroughly with soap after using the head. Keep finger nails short and clean. Don't handle food if hands are cut or infected unless cut is well protected.
3. Always wear a clean chef's cap when working around food.

4. Sneeze into your handkerchief—away from foods, dishes, and other men. Cough into your handkerchief. If you must cough into your hands, *wash your hands immediately.*
5. Don't spit. It's a filthy habit which spreads disease.

Keep Equipment Clean and Germ-Free

1. Glassware, pots, pans, and flatware must be scoured and scalded after each use.
2. Clean work tables and boards, especially the underside of the work board covering the dough trough.
3. Never use water to clean meat block. Use block scraper and wire block brush, then cover block with light layer of salt.

4. Take meat grinder apart after each use and wash. Be sure all food particles are removed.
5. Keep drains free of grease and dirt. If drains should clog, notify the Chief Engineer. Do not use lye or other caustics.

Don't Invite Flies and Roaches

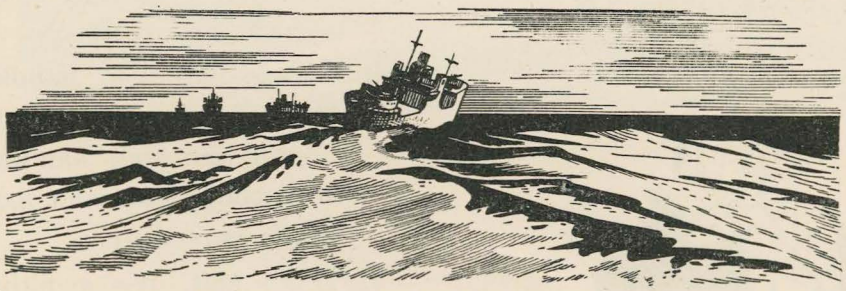
1. Clean up spilled foods immediately.
2. Be sure to thaw meat in chill box—never in the passageway or on meat block.
3. Cover all foods that are not actually being prepared.
4. Clean all drawers and line with fresh paper frequently.
5. Clean thoroughly behind ranges, steam tables and bins every day.

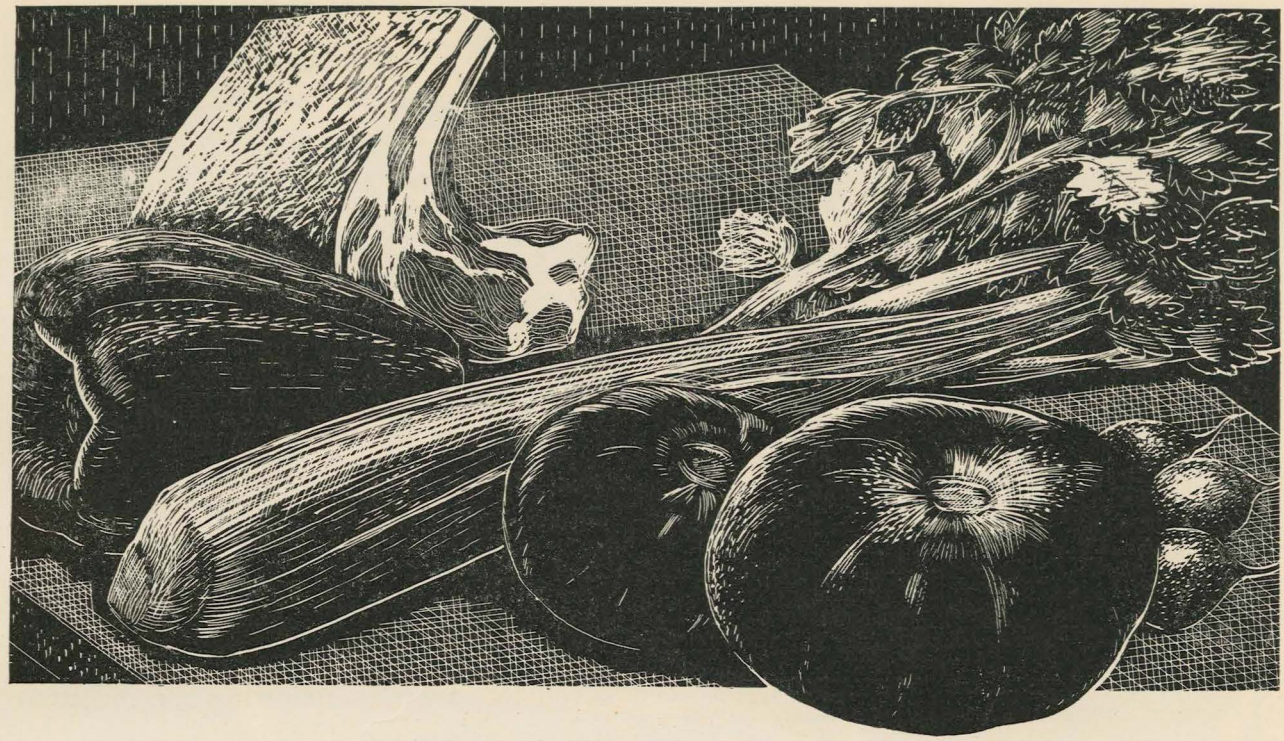
6. Keep refuse in metal cans with tightly fitted metal covers wired on to prevent loss. Line cans with paper to protect interior. Wash, scrub and rinse cans thoroughly at regular intervals. When possible, sterilize with steam.

When taking preventive measures against insects, remember that roach powder and lye are poisonous. Keep them away from food.

Don't Let Foods Spoil

1. Always put foods in refrigerator immediately after cooling, especially those containing cream, custard, or salad dressing. These provide a good medium for growth of bacteria.
2. Use shallow pans to refrigerate finely ground warm foods so as to expose as much surface of the food as possible to chill air. Otherwise, the warm center will provide an excellent place for germs to grow, causing the food to spoil.





Getting the Most Out of Food

For every Cook, an important moment arrives when he actually begins to prepare the meal. All preliminary planning has been done—the menu includes savory combinations of nutritious foods, the Work Sheet is posted, the galley crew is waiting for orders, all supplies are ready. In a few hours, he'll have a hungry crew clamoring for "chow."

In those few hours, carelessness can destroy much of the intended value of the meal. For example, 90% of the vitamin content can be peeled away, cooked away, or thoughtlessly discarded. Actual food weight can be lost through shrinkage, improper carving and burning.

Here are tips to keep in mind in order to get the most out of your food:

How Vitamins Are Lost

What destroys vitamins?

Vitamins may be divided into two groups —those which dissolve in fat (fat-soluble); and those which dissolve in water (water-soluble). The fat-soluble vitamins, Vitamins A and D, are not very readily destroyed by ordinary cooking methods. The water-soluble vitamins, however, which include Vitamins C and B-complex, are *destroyed by heat and air and dissolve in water.*

This fact is the key to the preservation of the water-soluble vitamins in cooking. Anything which will help to reduce the action of heat, air and water will help to decrease the destruction of these vitamins.

How These Vitamins Can Be Saved

Reduce the amount of time in which foods are exposed to heat and air. In cooking fresh vegetables, remember:

1. ***Hold vegetables only a short time*** out of refrigerator before using. Do not expose to warm air any longer than necessary.
2. ***Prepare vegetables quickly***—with no interruption between cleaning and cook-

ing. For instance, potatoes should be peeled shortly before cooking so they need not be soaked in water for a long period of time. Should there be an unpreventable delay between preliminary preparation and cooking, hold vegetables in refrigerator, covered and protected from air.

3. ***Cook only as long as necessary***—only until done, not overdone. Serve immediately.
4. ***Use the smallest*** possible amount of *water*—just enough to prevent burning. The less water used, the less the vitamin loss will be.
5. ***Add vegetables*** to water that is already boiling to assure vegetables being in water for shortest possible time. Never put vegetables in cold water that must be brought to a boil.
6. ***Cook whole*** whenever possible to decrease the surface area from which vitamins can dissolve in water. In addition, it is better to cook vegetables like potatoes in their skins than it is to peel them before cooking since the skin acts as a protective shield which retards vitamin loss. Also, peeling after cooking leaves intact the heavy concentration of vitamins close to the skin.
7. ***Do not use soda*** to give a greener color to vegetables as it is extremely destructive to vitamins. The natural green color of vegetables is best preserved by correct cooking methods, particularly by not over-cooking.
8. ***Do not stir,*** as agitating the water in which vegetables are cooking increases the vitamin loss.
9. ***Use liquid left over*** from cooking vegetables for soups, sauces, gravies, etc., so vitamins and minerals dissolved in this cooking water will be utilized.

Special Tips on Vegetables

Vitamins in Canned Vegetables are saved by preparing vegetables quickly and allowing a short holding time. Canned vegetables should be heated in their own juices. They should be brought to the boil quickly and should not be simmered for too long a time.

Vitamins in Frozen Vegetables are saved if frozen vegetables are not thawed before cooking, but are plunged frozen into a very small amount of boiling water, and cooked only until they are tender. (On the other hand, frozen meats, fish and poultry should be thawed. Use chill box, not galley, for thawing. Keep in original packages.)

Vitamins in Dehydrated Vegetables can be saved by carefully following the directions for reconstituting.

How Food Weight Can Be Lost

Avoid evaporation and shrinkage resulting from too high temperatures. When too much moisture is lost, dry, unappetizing products result. Don't cook a small amount of food in a big pot. Don't allow simmering foods to "boil down." Watch temperature of roasts. Don't allow food to stand open and uncovered for any length of time.

Trim excess fat before judging cooking weight. Otherwise, inadequate yields may result when the food is prepared.

Observe carving instructions given in the introduction to "Meat Recipes." And be sure to use all edible scraps left in pan, on cutting board or next to bones.

Avoid burning by turning meats frequently and shifting position of baked goods. Use thick pots for soups and sauces to distribute heat more evenly.

Don't peel away edible portions of vegetables. Watch potatoes particularly.

How to Use the Recipes

On the following pages are more than 400 recipes specifically designed for healthful, appetizing and efficient shipboard feeding.

Taken as a whole, these recipes cover a wide variety of foods—more than you will ever have available on any one voyage. Enough recipes are included so you can select and prepare many different dishes, even though you have a limited food supply. Use those recipes which call for the ingredients you have in stock, making your selection according to the "Basic 7" guide described in "Menu Planning."

Use the Index to find the recipe you want.

Read the Recipe from beginning to end before you start to work.

Be Sure You Understand All the Terms

A.P. ..... is used to indicate the weight of food "As Purchased" even though certain parts are not edible.

E.P. ....."Edible Portion," the weight of the part which can be eaten. Example: 50 lbs. of carrots "A.P." will yield 37 lbs. "E.P.," as the discarded peelings weigh 13 lbs.

Abbreviations .....

tsp.	Teaspoon
Tbsp.	Tablespoon
pt.	Pint
qt.	Quart
gal.	Gallon
oz.	Ounce
lb.	Pound

Portion ....The specific weight or amount to be served on a plate. If the portions suggested in the recipes prove to be too large or small, the Stewart can adjust them to suit the needs of the men.

Servings ...The total number of portions the recipe will yield. All recipes in this Book yield approximately 100 servings.

Yield .....The total weight or amount of food the recipe will produce.

Assemble Everything you'll need to work with—measuring utensils, pans, tools, supplies—before you do anything else.

Follow the Directions step by step in the order given. These steps have been worked out to save you time and pot washing.

Measure Everything Accurately in standard measuring devices. Measuring by *weight* is preferable, but each recipe includes an *amount* column which indicates the equivalent measure in terms of teaspoons, tablespoons, cups, quarts or gallons.

Fats should be measured in level spoonfuls, or packed solidly into a measuring cup, or melted and measured as a liquid.

Brown sugar should be packed into the measuring cup so firmly that it will hold the shape of the cup when emptied.

Flour, if *measured,* is handled differently in cooking recipes and baking formulas. In the cooking recipes, all flour should be sifted before measuring, and ingredients list "Flour, sifted" as a reminder.

In following the baking formulas, flour may be measured without sifting as allowance is made for any difference in volume. Flour may be *weighed* sifted or unsifted as the weight does not change.

Conversion Tables

To save time and work—and get better all-around results—make full use of the Conversion Tables on page 331. They are:

Table No. 1—Equivalents of Weights and Measures.

Table No. 2—Substituting One Can Size for Another.

Table No. 3—Average Weights and Amounts—Various Can Sizes.

Table No. 4—Weights and Amounts—No. 10 Cans.

Table No. 5—Weights and Yields of Canned Vegetables.

Table No. 6—Weights and Amounts—Canned Fruit Juice.

Table No. 7—Weights and Yields of Canned Fruits.

Table No. 8—Weights and Amounts—Fresh and Powdered Eggs.

Table No. 9—How to Substitute Fresh, Evaporated and Powdered Whole or Skim Milk.

Table No. 10—Weights and Amounts—Evaporated Milk.

Table No. 11—Weights and Measures for Specific Foods.

These Conversion Tables give answers to the countless questions that arise when cooking is done on a large scale, from the very simple "How many tablespoons to a cup?" to "How many halved apricots in one No. 10 can?" Familiarize yourself with these handy Conversion Tables. Use them frequently—they'll make your work easier, more exact, and give you better results in the long run.

Recipe Conversion

Recipe Conversion is the adjustment of the recipe ingredients to the number of servings actually needed. Each recipe in this book yields 100 servings. If, for example, you need only 60, there are least two easy ways of figuring the quantity of ingredients you should use.

The experienced Cook can convert most recipes mentally—a beginner may need to do some simple arithmetic with pencil and paper. It is almost always easier to deal in larger numbers and using the Conversion Tables will help you. Change cups to tablespoons, gallons to quarts, etc.

Using fractions: You want to prepare 75 servings—the recipe calls for amounts that will yield 100 servings, since seventy-five is ¾ of 100, you want to prepare ¾ of the recipe by using ¾ of each ingredient. For example, if 3 cups of flour are required for 100, change *cups to tablespoons* and figure ¾ of 48 tablespoons. The answer is 36—the number of tablespoons of flour required for 75 servings. (If you want to change it back to cups, the answer is 2¼.) In the same way figure ¾ of each ingredient.

Using percentages: Take the amount of the ingredient needed for 100 servings (in this case 48 tablespoons of flour); multiply it by the number of servings you want (75), then divide by 100 (or point off two places). For example:

48—tablespoons required for 100
75—number of servings wanted
240
336
3600
Then point off two places:
36.00—tablespoons of flour needed for 75 servings.

By using either of these formulas, or any other that is easy for you, you can adjust any recipe to your needs quickly.

Remember, the Conversion Tables will help you. Use them often.

Starting Time

Starting time is simple to determine as each recipe lists the time required for preparation. For example, instructions tell you to start Brown Beef Stew 4½ hours before serving time. This takes the guesswork out of scheduling your preparation. Be sure to refer to the starting time of each recipe.

Cooking Temperatures

Cooking temperatures are given for each item. Usually temperatures are described as follows.

Slow	250° F.—325° F.
Moderate	325° F.—400° F.
Hot	400° F.—450° F.
Very Hot	450° F.—500° F.

Oven Thermometers are the best guide for measuring oven temperature. Place near center of oven.

Fat Thermometers can measure the temperature of deep fat for frying. Correct temperature insures a properly cooked product and conserves the fat.

Meat Thermometers should be inserted in the *center* of the meat to measure doneness.

Variations of Recipes

Variations of Recipes are included to increase the number of ways a certain dish may be prepared. The variations show only the ingredients or procedures which *differ* from the basic recipe. In preparing a variation, follow the basic recipe, making the substitution as directed.

A Word About Seasoning

The amounts of seasoning included in various recipes throughout the book are on the "mild side" and are aimed to please the average taste.

Overseasoning is worse than underseasoning. Salt and pepper should be used with discretion. Any seasoning like parsley, green pepper, garlic and pimento may be omitted without sacrificing basic flavor of the food. The use of spices and herbs requires good judgment, developed only by experience.

Leftovers

At the end of many recipes, suggestions are given regarding the use of leftovers. If the surplus food should not be used again, no leftover suggestions are given. If the cooked food can be utilized a second time in a different dish, the names of recommended recipes are listed.

Good management and accurate preparation, however, will keep leftovers to a minimum. If leftovers seem excessive, take inventory of the reasons why:

Are too many servings being prepared?

Are all the ingredients in good condition?

Are the recipes being followed accurately?

Is the food served at its flavor peak?

Are the meals served with taste-appeal and eye-appeal?

When you have leftovers, cover and put in chill box immediately. Use at the first opportunity. In most cases, leftovers should be prepared as part of a different dish the second time. *Do not overcook* the new dish as the leftovers have already been cooked once.

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Cocktails, Appetizers and Relishes

Dinner menus are made more interesting and enjoyable by the addition of cocktails, appetizers or relishes—easy-to-fix dishes described in the pages that follow.

Cocktails

Juices—such as tomato, vegetable and fruit juices—make excellent substitutes for soup because, like soup, they increase the appetite by starting the flow of digestive juices. Detailed instructions on flavorings are included in the recipes for cocktails.

Appetizers

Cold, salty, tart or crisp items, such as carrots, celery, cucumbers, pickles, olives and radishes also help "whet" the appetite. They are usually placed on the table in small dishes just before meal time. They should be attractively arranged.

Carrot sticks are made by slicing carrots lengthwise into long slender sticks. Crisp in ice water; drain before serving.

Celery is served on a flat dish with the stalks parallel. If young and tender, the stalks can be served whole with a few of the tender leaves left on.

Hearts of celery (tender inside stalks) are prepared by trimming root to a point, removing blemishes, and cutting off leaves at top of stalk, leaving about 8 or 10 inches. This is the "heart." Then cut lengthwise in quarters or sixths—depending on size.

Celery curls are made by cutting in 2 to 3 inch lengths and then slitting many times toward leaf end. Soaking for one hour in ice water will curl the part of the celery that has been slit.

Stuffed celery stalks are filled with any one of the following:

Cream cheese and minced pimento or green pepper.
Cream cheese and minced olive.
Roquefort cheese mashed with butter.
Sardine paste.

Cucumber is sliced and served with French dressing. The peeled cucumber may be cut in lengthwise strips, wedge shaped, and eaten with salt like celery. The strips should be very crisp.

Olives are especially popular—both green and ripe. Green olives are pickled and have a sharp taste; stuffed olives have had stones removed and centers filled with pimento. Ripe olives have a smooth oily taste

Olives should be thoroughly drained of brine before being served. However, they must always be kept in brine when stored. If mold appears on brine, remove. If green olives are becoming soft, wash thoroughly, renew brine with salt dissolved in water and, if possible, expose to direct sunlight. This can be repeated for several days.

Pickles are made from cucumbers that have been cured for several months in a salt brine, after which the salt is extracted. The pickles are then placed in a solution of distilled vinegar to which mixed spices, sweet syrup and juice of the dill plant are added.

Mixed pickles usually combine cauliflower, small onions, green tomatoes, green peppers and beans with the cucumbers. Chow-chow contains somewhat the same ingredients, plus a mustard dressing. Sweet relish contains finely chopped mixed pickles and vegetables.

Pickled fruits, such as pears or peaches, are delicious. Pickled vegetables make an excellent relish, and a few leftover vegetables may be used to advantage in this way. Drain well before serving.

Any pickle may be served as a relish. Those in brine, such as cucumber pickles, are drained before serving. Those in mustard (chow-chow and other mustard pickles) are served with all the liquid retained.

Radishes must have roots and tops cut off; must be washed thoroughly and dropped in ice water to grow crisp. Serve radishes in the same manner as olives.

Scallions are young onions. Remove roots and if tops are very young, leave 5 to 6 inches of top. Chill well. These are eaten with salt like celery.

Relishes

The addition of a relish often changes an uninteresting main dish to an appetizing one, and the use of different relishes is one of the great aids to variety. Relishes are put in small dishes, left on the table and are passed frequently during the meal.

No. 1 CORN RELISH

Preparation and chilling time—7 hours.

1. Mix together corn, green peppers, pimento, celery and onion.
2. Add French dressing. Mix thoroughly.
3. Let stand in refrigerator for 6 hours until flavor is blended.

VARIATIONS (100 servings)

Beet Relish. Preparation and chilling time—1 hour.

1. Chop fine, 15 pounds spiced beets.
2. Add 8 pounds (2 gallons) grated raw cabbage. 4 ounces (½ cup) horseradish. 10 ounces sugar.
3. Mix well. Serve cold.

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Corn, whole kernel, drained	13 lbs., 4 oz.	2 No. 10 cans
Peppers, green diced	1 lb.	1 qt.
Pimento, chopped	12 oz.	1½ cups
Celery, diced	1 lb.	1 qt.
Onion, minced	1 lb., 8 oz.	4½ cups
French dressing*	—	1½ qt.

* Recipe No. 255.

No. 2 DIXIE RELISH

Preparation and chilling time—1½ hours.

1. Combine cabbage, celery, pepper, onions and salt.
2. Add dressing and mix together lightly.

NOTE: *Six large dill pickles, chopped, add to flavor.*

PORTION: ½-¾ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNT
Cabbage chopped	12 lbs.	3 gals.
Celery, diced	4 lbs.	1 gal.
Peppers, green, chopped	3 lbs.	¾ gal.
Onions	1 lb.	1½ pts.
Salt	4 oz.	½ cup
Boiled salad dressing*	—	¾ gal.

* Recipe No. 252.

No. 3 CABBAGE RELISH

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNT
Cabbage, chopped	20 lbs.	5 gals.
Sugar	1 lb., 4 oz.	1¼ pts.
Salt	7½ oz.	⅞ cup
Pepper, white	½ oz.	1¾ Tbsp.
Vinegar	—	2½ qts.
Celery seed	—	2 Tbsp.

Preparation and chilling time—2 hours.

1. Combine chopped cabbage with salt, celery seed, sugar and pepper.
2. Pour vinegar mixture over and mix together thoroughly.

No. 4 CRANBERRY RELISH

PORTION: 2 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNT
Cranberries, raw	6 lbs.	—
Orange, whole	3 lbs.	—
Sugar	3 lbs.	—
Salt	—	½ tsp.

Preparation and chilling time—1 hour.

1. Put fruit through a medium-coarse meat grinder.
2. Add sugar and salt.

NOTE: *This relish will keep several weeks in chill-box.*

COCKTAILS

Tomato Juice or Vegetable Juice Cocktail . . . Allow 3 to 5 oz. of juice for each person. Flavor with Worcestershire sauce or lemon juice. Serve cold.

Grape Juice Cocktail . . . Grape juice can be served plain with crushed ice or in combination with any canned fruit juice. The flavor is generally improved with the addition of lemon juice. Chill before serving.

Lime Juice Cocktail . . . Mix together equal amounts of lime juice, orange juice and simple syrup. Pour over crushed ice and serve.

Seafood Cocktails . . . Fresh shrimp in the shell are best for shrimp cocktail. Allow 5 pounds of shrimp for 20 servings. Shrimp must be cooked before it is cleaned, chilled and served.

To Cook Fresh Shrimps . . . Plunge the shrimp in the shells into boiling, salted water for 12 to 15 minutes. Cool. Remove the thin shell and tail. Cut through the outer muscle and remove the black intestinal canal which lies close to the surface.

Shrimp Cocktail . . . Use shrimp that has been freshly boiled, cleaned and chilled. Allow about 6 large shrimps for each serving. Chill; place in cocktail glasses (may be garnished with lettuce). Serve with Cocktail Sauce.

Oysters or Clams on the Half Shell . . . Open oyster or clam just before time to serve. Allow 5 to 6 oysters or clams for each serving. Place on a layer of finely shaved ice on the bottom of shallow soup plates. Arrange the half shells on the ice. Garnish with lemon or place a small glass or paper cup of Cocktail Sauce in the center of each plate.

Soup Recipes

Soups are excellent at the beginning of a meal because they stimulate the flow of digestive juices. Though clear soups are largely water and hence are low in nutritive value, others, such as cream soups, are carriers of milk, cereals, meat and vegetables and therefore contain more nutrients. Soups provide an excellent means of using leftovers.

Fresh Stock should be used. Meat stock can be made from beef bones, small pieces of roasted, broiled or stewed beef, veal, stripped carcasses of fowl, chop bones and other trimmings and bones. If no meat stock is on hand, bouillon cubes or dehydrated stock bases (beef or chicken) may be used as convenient substitutes.

Another type of meat stock can be made from the liquid of fresh-boiled pork with a few drops of lemon juice added.

Smoked or corned meats or large pieces of raw mutton or lamb surrounded by fat are undesirable for soup stock because of the strong flavor. Smoked meat trimmings and bones, however, can be used for dried bean and dried pea soups.

TYPES OF STOCK

Brown stock is made from lamb, lean and fat beef and bones, highly seasoned; or from dehydrated beef bases.

White stock is made from chicken, turkey or veal, delicately seasoned; or from dehydrated chicken bases.

Smoked meat stock is made with smoked ham or smoked pork trimmings.

Fish stock is made from fish or shellfish.

Vegetable stock is the liquid from canned vegetables or from water in which fresh or frozen vegetables were cooked.

Cream sauce includes sauces made with stock and milk, or milk only. A cream sauce may be brown or white.

Recipes for stocks most frequently used are included on the following pages.

Serve Soups with "Eye-Appeal"

Soups are vastly improved in appearance by sprinkling chopped parsley or paprika on the surface just before serving.

Croutons are often served with soups. To prepare, cut trimmed stale bread into ½ inch cubes and fry in deep hot fat until brown; or cut buttered bread into cubes and toast in a slow oven (300° F.) until brown.

What to Do with Leftover Soups

Soup that was good the first time is usually popular at the next meal, requiring only re-heating. Soups should be served as soon as possible; overholding will cause souring.

Cream soups should be re-heated slowly, to prevent "breaking."

Meat or tomato soup may be varied for the second serving by adding rice, barley, noodles, spaghetti or macaroni. Diced left-over meat makes an excellent addition to a vegetable soup. Garnishes, such as bacon, thin strips of cooked carrots, string beans, potatoes or celery may sometimes be added.

Soups may be strained, and the remaining liquid used for gravies, sauces, basting, or put back in the stock pot. The solid food may be ground or combined into meat loaves, hashes and croquettes as a filler.

SOUP MAKING GUIDE

This table tells at a glance the use of bases, thickeners, seasonings and garnishes. Items in the top column can be used together to make stock soups—items in the middle column can be used together to make cream soups. The accompaniments listed at the bottom can be served with all soups.

STOCK SOUPS

BASE	THICKENER	SEASONING	GARNISHES
Brown Stock (Beef, Lamb)	Barley	Allspice	Carrots, julienne
White Stock (Veal, Chicken)	Bread crumbs	Bay leaves	Cheese, grated
Fish Stock	Corn meal	Celery	Croutons
Tomato Stock	Cornstarch	Celery salt	Egg custard cubes
Vegetable Stock	Flour	Cloves	Lemon slices
	Macaroni	Curry	Okra slices
	Noodles	Mace	Rice cereal, crisp (freshly buttered)
	Rice		
	Spaghetti		

CREAM SOUPS

BASE	THICKENER	SEASONING	GARNISHES
Cream Sauce	Tapioca	Nutmeg	Bacon, crisp, small pieces
Milk		Onion, raw	Chives, chopped
		Onion salt	Cream or evaporated milk, whipped
		Celery	Frankfurters, sliced thin
		Celery salt	Peppers, chopped
		Paprika	Pimento, chopped
		Parsley	
		Salt	
		Thyme	

Serve Any of These Accompaniments With All Soups

Carrot Strips, raw
Celery
Crackers
Croutons
Nuts
Olives
Sandwiches
Toast

No. 5 CHICKEN STOCK

FIRST . . .

1. Scrub thoroughly, blanch and skin chicken feet. Wash backs, necks, and wing tips.
2. Dice celery, onions and carrots.

THEN . . . 2 hours before serving:

3. Add water to meat and bones. Add carrots, onions, celery, salt and pepper.
4. Cover and heat to boiling point; reduce heat and simmer about 2 hours. Strain.
5. Cool as quickly as possible. Refrigerate until needed.
6. Before using, remove layer of hardened fat from surface of stock.

NOTE: *Save hardened fat for frying or seasoning.*

YIELD: 25 qts.		
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken or turkey carcass	25 to 30 lbs.	—
Water	—	7½ gals.
Celery leaves and trimmings	4 oz.	—
Onions, diced	4 oz.	¾ cups
Carrots, diced	4 oz.	¾ cups
Salt	1 oz.	2 Tbsp.
Pepper	—	½ tsp.

VARIATIONS (100 servings)

Use turkey instead of chicken for turkey stock.

No. 6 BROWN BEEF STOCK

FIRST . . .

1. Wipe meat with clean damp towel. Cut into 2 inch cubes.

THEN . . . 6 to 7 hours before needed:

2. Brown meat in fat.
3. Combine meat and all other ingredients with water in stock pot.
4. Let simmer 5 to 6 hours. Remove surface scum
5. Strain. When cool, place in refrigerator.

NOTES: *Make meat stock with bone if available. Use 24 pounds of bone to 8 pounds of meat. Bones should be cracked into 6-inch pieces. Before using, carefully remove layer of hardened fat which helps to seal top. Use fat for cooking purposes. When meat or bones are not available use dehydrated beef base. Do not use corned or smoked meat trimmings because of their strong flavor. Finely diced meat can be used again in hash, certain soups or night lunch sandwich salad mixture. Use stock as base for soups and sauces.*

YIELD: 27 qts		
INGREDIENTS	WEIGHTS	AMOUNTS
Beef shank or neck meat & trimmings*	8 lbs.	—
Fat, melted	8 oz.	½ cup
Water	—	8 gals.
Onions, chopped	1 lb.	3 cups
Carrots, finely chopped	1½ lb.	4½ cups
Celery, stalks and leaves	1 lb.	4 cups
Salt	4 oz.	½ cup
Pepper	—	1 tsp.
Bay leaf	—	5 leaves

*Lamb may be used to make lamb stock.

No. 7 HAM STOCK

FIRST . . .

1. Combine all ingredients except salt.

THEN . . . 5 hours before serving:

2. Cover and heat to boiling. Reduce heat and simmer 4 to 5 hours or until meat is tender. Remove scum and discard.
3. Remove the meat and bones. Strain stock. Taste. Salt, if needed.
4. Cool quickly. Refrigerate until needed.
5. Before using, remove layer of hardened fat.

NOTES: *If whole ham is simmered and is to be used cold, allow to cool in stock to decrease shrinkage. Meat scraps (removed in Step 3) may be diced or ground and used in various entrees or night lunch sandwich mixtures. Save hardened fat for frying.*

YIELD: 25 qts.		
INGREDIENTS	WEIGHTS	AMOUNTS
Ham scraps, hocks, bones, or whole ham	18 lbs.	—
Water	—	7¾ gals.
Salt (if needed)	—	—
Onions, diced	1 lb.	3 cups
Celery, diced	1 lb.	1 qt.
Carrots, diced	1 lb.	3 cups
Pepper	—	½ tsp.

No. 8 CLAM CHOWDER (BOSTON STYLE)

FIRST . . .

1. Dice potatoes and the salt pork. Chop onions and clams, remove black portion.

THEN . . . 1½ to 2 hours before serving:

2. Fry bacon or salt pork until crisp. Add onions, fry until lightly browned. Drain fat and save to blend with flour.
3. Add vegetables and salt to water. Simmer until vegetables are tender (about 1 hour).
4. Add clams, clam liquid, salt and pepper. Heat slowly to boiling temperature.
5. Blend melted fat with flour. Stir until smooth. Add slowly to hot soup. Mix thoroughly.
6. Add evaporated milk. Heat to boiling. Reduce heat and simmer about 1 minute or until soup is slightly thick, stirring constantly.

NOTE: ***Just before serving, stir chowder to prevent potatoes and clams from settling to bottom.***

VARIATIONS (100 servings)

Corn Chowder . . . Use recipe for clam chowder, substituting 7 No. 2 cans corn (cream style) in place of clams.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salt pork, or bacon ½" cubes	1 lb., 4 oz.	2½ cups
Onions, chopped	1½ lbs.	4½ cups
Potatoes, cubed, raw (⅝")	8 lbs.	1⅓ gal.
Salt	4 oz.	½ cup
Water, boiling	—	3½ gals.
Clams chopped, with liquid	—	1⅛ gals.*
Milk, evaporated	12 14½ oz. cans	1¼ gal. (5 qts.)
Salt	1½ oz.	3 Tbsp.
Pepper	½ oz.	5½ tsp.
Flour, sifted	1 lb.	1 qt.

*Seven No. 2 cans or 21 7-oz. cans.

Suggestion for Leftovers

Reheat and offer at next meal.

No. 9 CORN AND TOMATO CHOWDER

FIRST . . .

1. Cut salt pork in ½-inch cubes. Dice onions, celery.

THEN . . . 1 hour before serving:

2. Combine water, sugar, pepper, potatoes, onions and celery. Cover and heat to boiling. Reduce heat and simmer about 45 minutes.
3. Add hot evaporated milk and corn.
4. Crush large pieces of tomato. Heat tomatoes separately to boiling point, add salt.
5. Just before serving, add tomatoes to milk and corn mixture. Mix thoroughly.

NOTE: ***Follow Step 5 exactly as directed. If procedure is reversed chowder may curdle. Just before each serving, stir from top to bottom to prevent corn from settling to bottom.***

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Flour, sifted	4 oz.	—
Butter	8 oz.	—
Milk, evaporated	15 14½ oz. cans	6 qts.
Water	—	6 qts.
Sugar	1 oz.	2 Tbsp.
Pepper, white	—	1 tsp.
Corn, cream style	—	5 No. 2 cans (3¼ qts.)
Onions, diced	1 lb.	2¼ cups
Tomatoes, canned	—	2 No. 10 cans (6½ qts.)
Salt	—	3 tsp.
Salt Pork	1½ lbs.	—
Green pepper, chopped	6 oz.	—
Potatoes cubed	8 lbs.	—
Celery, diced	1 lb.	—
Soda	—	2½ Tbsp.
Pepper, cayenne	—	½ tsp.

No. 10 MANHATTAN CLAM CHOWDER

FIRST . . .

1. Dice onions, celery, potatoes, salt pork. Chop parsley.

THEN . . . 1¼ to 2 hours before serving:

2. Place fish in water, heat to boiling point and let simmer 15 minutes.
3. Remove fish and flake. Return to fish stock.
4. Fry bacon or salt pork until crisp. Remove fried pork from pan and drain. Fry onions in same fat until lightly browned.
5. Add pork, onions, celery and potatoes, to fish and stock. Let simmer 15 minutes.
6. Add tomatoes, clam liquid and seasonings.
7. Melt additional fat, blend in flour. Stir this roux gradually into soup mixture, heating to boiling point. Stir until thickened, add chopped clams and continue simmering for another 10 minutes. Continue simmering and stir to thicken smoothly.
8. Add crisp pork cubes just before serving.

NOTE: ***When serving stir from top to bottom to prevent solids from settling to bottom.***

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fish (cod or haddock filet trimmings)	8 lbs.	—
Water, cold	—	2½ gals.
Bacon, trimmings or salt pork cubed 1"	1 lb., 4 oz.	2½ cups
Celery	12 oz.	3 cups
Onions, sliced	12 oz.	3 cups
Potatoes, raw, cubed ⅜"	8 lbs.	1⅓ gals.
Tomatoes, canned	—	1½ No. 10 can (1 gal.)
Clams, chopped with liquid	—	1⅛ gals.*
Worcestershire sauce	4 oz.	½ cup
Paprika	—	1 tsp.
Pepper	½ oz.	1¾ Tbsp.
Thyme	—	1 tsp.
Fat	1 lb.	1 pt.
Flour, sifted	12 oz.	1½ pts.
Salt	4 oz.	½ cup

*Seven No. 2 cans or 21 7-oz. cans.

No. 11 MINESTRONE SOUP

FIRST . . .

1. Wash beans. Discard stones. Soak 6 to 8 hours in enough water to cover.

THEN . . . 3 hours before serving:

2. Cover beans with fresh water. Cover pot and heat to boiling. Reduce heat and simmer 1 hour or until beans are tender.
3. Bring stock to boil. Add elbow macaroni, garlic and salt. Mix thoroughly. Allow to simmer about 30 minutes.
4. Add beans, onions, potatoes, celery, carrots and parsley to stock. Mix well.
5. Cover and heat to boiling point. Reduce heat and let simmer about 1 hour.
6. Just before serving, stir soup well to prevent vegetables from settling. Sprinkle grated cheese over each portion as served.

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, dry, navy	1¼ lbs.	3 cups
Water	—	5 qts.
Elbow macaroni*	1½ lbs.	3¾ pts.
Garlic	—	2 cloves
Salt	2 oz.	4 Tbsp.
Stock, beef, chicken or ham**	—	4¼ gals.
Onions, chopped	2½ lbs.	7½ cups
Potatoes diced	2½ lbs.	6 cups
Celery strips	2½ lbs.	10 cups
Parsley, chopped	2 oz.	⅔ cup
Carrots, diced	4 lbs.	3 qts.
Cheese, grated (optional)	12 oz.	1 cup
Tomato puree	2 lbs. 8 oz.	5 cups

*Equal weights of noodles, rice or spaghetti may be used.
**Recipe No. 5, 6 or 7.

No. 12 FISH CHOWDER

FIRST . . .

1. Wash fish and wipe with damp towel. Assemble and dice salt pork. Slice onions, dice potatoes.

THEN . . . 1½ to 2 hours before serving:

2. Fry diced pork in shallow pan until crisp. Remove fried pork from pan. Drain.
3. Brown onions slightly in same fat.
4. Add browned onions and diced potatoes to water. Heat to boiling and let simmer for 10 minutes.
5. Add fish and continue simmering until potatoes are tender and until fish separates easily.
6. Stir in salt, pepper and evaporated milk. Let simmer 15 minutes.
7. Add crisp pork cubes just before serving.

NOTE: ***Just before serving, stir chowder to prevent solids from settling.***

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork, salt, diced	1 lb., 4 oz.	2½ cups
Onions, sliced	1 lb., 8 oz.	6 cups
Potatoes, diced ⅝"	8 lbs.	1⅓ gals.
Water, boiling	—	1¾ gals.
Haddock, cleaned, boned*	15 lbs.	—
Salt	4 oz.	½ cup
Pepper	½ oz.	1¾ Tbsp.
Milk, evaporated	12 14½ oz. cans	1¼ gals.
Water	—	¾ gal.

*Any similar fish may be used such as cod, hake and pollock.

Suggestion for Leftovers

Reheat and offer at next meal.

No. 13 CREAM OF CELERY SOUP

FIRST . . .

1. Chop onions and dice celery.

THEN . . . 1 hour before serving:

2. Add celery to beef stock. Cover and heat to boiling point. Reduce heat and simmer about 35 minutes or until celery is tender. Remove scum on surface.
3. Meanwhile, fry onions in melted fat until tender. Add flour, salt and pepper. Stir until smooth.

CAUTION: ***Do not allow onions to brown.***

4. Add onion mixture slowly to stock and celery. Mix thoroughly until slightly thick.
5. Boil water and add to evaporated milk. Add hot milk slowly to stock.
6. Heat mixture to boiling point. Reduce heat and simmer about 10 minutes.

CAUTION: ***Stir frequently to prevent scorching.***

VARIATIONS (100 servings)

Cream of Pea
Cream of Corn
Cream of Carrot
Cream of Onion
Cream of Spinach
Cream of Cauliflower

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef stock*	—	2½ gals.
Celery, finely diced	12 lbs.	1¾ gals.
Milk, evaporated	14 14½ oz. cans	5¾ qts.
Water, boiling	—	1½ gals.
Onions, chopped	12 oz.	2¼ cups
Fat, melted	1½ lbs.	1½ pts.
Flour, sifted	1 lb.	1 qt.
Salt	3 oz.	6 Tbsp.
Pepper, white	—	¾ tsp.

*Recipe No. 6.

Substitute 12 pounds of any vegetable indicated in this list for celery. Use recipe as given.

Suggestion for Leftovers

Reheat and offer at next meal.

No. 14 CREAM OF TOMATO SOUP

FIRST . . .

1. Chop onions and celery tops.

THEN . . . 1 hour before serving:

2. Combine tomatoes, celery tops, onions, mixed spices, salt and sugar. Cover and heat to boiling point. Reduce heat and simmer about 30 minutes.
3. Rub through sieve. Reheat.
4. Add boiling water to evaporated milk.
5. Mix melted fat and flour. Stir until smooth. Add to hot milk. Mix thoroughly. Heat to boiling and stir constantly until thickened. Reduce heat and simmer about 20 minutes.
6. Slowly add hot tomato mixture to hot milk mixture, stirring constantly.

NOTE: *Follow Step 6 exactly as directed. If procedure is reversed soup may curdle.*

7. Serve without reheating.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes, canned	25 lbs., 8 oz.	4 No. 10 cans (3¼ gals.)
Celery tops	8 oz.	1 pt.
Onions chopped	8 oz.	1½ cups
Mixed spices	—	2 tsp.
Salt	4 oz.	½ cup
Sugar	7 oz.	⅞ cup
Flour, sifted	12 oz.	3 cups
Fat	1 lb.	2 cups
Milk, evaporated	14 14½ oz. cans	5¾ qts.
Water, boiling	—	1½ gals.

Suggestion for Leftovers

Reheat and serve at next meal.

No. 15 CREAM OF ASPARAGUS SOUP

FIRST . . .

1. Chop onions.

THEN . . . 1 hour before serving:

2. Press one-half asparagus through sieve. Heat chicken stock, all asparagus and asparagus liquid to boiling point.
3. Fry onions in melted fat until tender. Add flour, salt, pepper, nutmeg. Stir until smooth.
4. Add boiling water to evaporated milk.
5. Add onion and flour mixture slowly to hot milk. Mix thoroughly. Heat to boiling point. Reduce heat and simmer about 20 minutes, stirring constantly until soup is slightly thick.
6. Slowly add asparagus to milk mixture just before serving time.

CAUTION: *Follow Step 6 exactly as directed. If procedure is reversed soup may curdle.*

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Asparagus, canned cuts	—	2½ No. 10 cans (8½ qts.)
Chicken stock*	—	1 gal.
Onions, chopped	8 oz.	1½ cups
Butter or other fat	1½ lbs.	1½ pts.
Flour, sifted	1 lb.	1 qt.
Salt	2 oz.	4 Tbsp.
Pepper, white	—	½ tsp.
Nutmeg, ground	—	½ tsp.
Milk, evaporated	14 14½ oz. cans	5¾ qts.
Water, boiling	—	1½ gals.

*Recipe No. 5.

No. 16 CREAM OF CHICKEN SOUP

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken stock*	—	3½ gals.
Chicken fat or butter, melted	1 lb., 2 oz.	2⅛ cups
Flour, sifted	12 oz.	3 cups
Milk, evaporated	14 14½ oz. cans	5¾ qts.
Water, for evaporated milk	—	1½ gals.
Salt	1 oz.	2 Tbsp.
Parsley, finely chopped, or chives (optional)	3 oz.	2 cups
Chicken, finely chopped (optional)	2 lbs.	6 cups

*Recipe No. 5.

ABOUT . . . 1 hour before serving:

1. Heat chicken stock to boiling temperature.
2. Blend melted fat and flour. Slowly stir into stock. Let simmer 20 minutes, stirring until thickened to consistency of cream.
3. Combine hot water and evaporated milk.
4. Add milk 10 minutes before serving.
5. If used, add parsley or chives and chicken meat just before serving.

Suggestion for Leftovers

Reheat and offer at next meal.

No. 17 FRENCH ONION SOUP

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Meat stock*	—	4½ gals.
Onions, thinly sliced	20 lbs.	5 gals.
Fat	2 lbs.	1 qt.
Salt	4 oz.	½ cup
Pepper, black	¼ oz.	¾ Tbsp.
Toast, slices, rye or white	—	100 slices
Cheese, grated	—	2½ cups

*Recipe No. 6.

FIRST . . .

1. Peel onions and slice thin.

THEN . . . 1 hour before serving:

2. Heat stock to boiling temperature.
3. Saute onions in fat until lightly browned.
4. Add onions, salt and pepper to stock. Let simmer about 10 minutes.
5. Toast bread, place one slice in each bowl. Sprinkle with 1 teaspoon cheese for each slice.

NOTE: ***Stir just before each serving to prevent onions from settling to bottom of pot.***

6. Fill bowl with hot soup.

Suggestion for Leftovers: Reheat and offer at next meal.

No. 18 SCOTCH BROTH WITH BARLEY

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lamb, bones and meat	18 lbs.	—
Water	—	6 gals.
Salt	3 oz.	6 Tbsp.
Pepper, white	—	1 tsp.
Barley	1½ lbs.	3 cups
Carrots, diced ⅜"	3 lbs.	2¼ qts.
Turnips, diced ⅜"	3 lbs.	2¼ qts.
Onions, sliced	12 oz.	3 cups
Celery, diced ⅜"	2½ lbs.	2½ qts.

FIRST . . .

1. Saw bones into pieces. Dice vegetables.

THEN . . . 4 hours before serving:

2. Cover bones with water and heat slowly to boiling point in covered pot; reduce heat and simmer for two hours.
3. Cool. Remove meat from bones. Discard bones. Skim broth.
4. Combine lamb broth, salt, pepper, barley and all vegetables. Cover and heat to boiling point; reduce heat and simmer one hour.
5. Chop meat cut from bones; add meat to soup.

NOTE: ***Cooked lamb trimmings may be added. Stir before each serving to prevent solids from settling.***

Suggestion for Leftovers

Reheat and use at next meal.

No. 19 MULLIGATAWNY SOUP

FIRST . . .

1. Assemble, chop or dice vegetables. Crush tomatoes.
2. Heat stock.

THEN . . . 1½ hours before serving:

3. Saute onions, carrots, celery, peppers, and curry powder in half of melted fat until vegetables are softened.
4. Blend remaining fat with flour. Add gradually to hot chicken stock, stirring well until slightly thickened.
5. Add sauteed vegetables, apples, tomatoes and other seasonings.
6. Heat and let simmer for one hour.

NOTE: ***When serving, stir well to prevent vegetables from settling.***

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, chopped	12 oz.	2¼ cups
Carrots, diced	1 lb.	3 cups
Celery, diced	1 lb.	1 qt.
Peppers, green (optional)	1 lb., 4 oz.	2¼ qts.
Apples, diced	1 lb., 8 oz.	1½ qts.
Fat, melted	1½ lbs.	1½ pts.
Flour, sifted	12 oz.	3 cups
Veal or chicken stock, heated*	—	5¾ gals.
Tomatoes, canned	6 lbs., 6 oz.	1 No. 10 can (3¾ qts.)
Curry powder	1 oz.	4½ tsp.
Cloves, ground	—	1 tsp.
Salt	1 oz.	2 Tbsp.
Pepper, white	—	2 tsp.

*For chicken stock see Recipe No. 5.
*For veal stock see Recipe No. 6.

No. 20 YELLOW OR GREEN SPLIT PEA SOUP

FIRST . . .

3. Add onions, carrots, ham bones, salt, pepper and cloves to peas and ham stock.
2. Chop onions, dice carrots.

THEN . . . 2½ to 3 hours before serving:

3. Add onions, carrots, ham bones, salt (if needed), pepper and cloves to peas and ham stock.
4. Heat to boiling temperature. Reduce heat and let simmer about 2 hours or until peas are tender.
5. Remove bones. Strain soup through sieve.
6. Blend flour and water to a smooth paste. Stir into soup, heat to boiling temperature. Continue simmering for 20 minutes.

NOTE: ***During meal period, if soup should thicken, thin to proper consistency with hot water.***

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, yellow or green, split	6 lbs., 4 oz.	3½ qts.
Water	—	to cover
Ham stock*	—	6 gals.
Onions, chopped	1½ lbs.	1½ qts.
Carrots, diced	1 lb., 8 oz.	4½ cups
Ham bones	—	8
Salt, if needed	4 oz.	½ cup
Pepper	—	2 tsp.
Cloves, whole	—	1 tsp.
Flour	8 oz.	1 pt.
Water, cold	—	1 qt.

*Recipe No. 7.

No. 21 POTATO AND LEEK SOUP

FIRST . . .

1. Trim and chop leeks, cube potatoes and dice bacon.

THEN . . . 1½ hours before serving:

2. Combine potatoes, boiling water and salt. Cover and heat to boiling point. Reduce heat and simmer about 45 minutes or until potatoes are very soft. Press through sieve.
3. Fry bacon until crisp. Drain bacon and save for Step No. 6.
4. Fry leeks in bacon fat about 10 minutes. Drain.
5. Combine leeks, pepper and paprika with potatoes and water. Mix well, cover and heat to boiling point. Reduce heat and simmer about 20 minutes. Add milk.
6. Add crisp bacon just before serving.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions	1 lb.	1 qt.
Potatoes, cubed ⅝"	10 lbs.	1½ gals.
Water, boiling	—	3½ gals.
Salt	4 oz.	½ cup
Bacon or salt pork diced ½"	2 lbs., 8 oz.	2½ pts.
Leeks, chopped	5 lbs.	5 qts.
Pepper, white	—	2 tsp.
Paprika	¼ oz.	1 Tbsp.
Milk, evaporated	14 14½ oz. cans	5¾ qts.

Suggestion for Leftovers

Reheat and offer at next meal.

No. 22 LENTIL SOUP

FIRST . . .

1. Pick over and wash lentils, cover with cold water. Soak overnight. Drain. Discard water.

THEN . . . 3 hours before serving:

2. Heat ham stock with onions, celery, carrots, sugar, salt, pepper, mustard and nutmeg to boiling. Let simmer 2 hours or until lentils are very soft. Press through sieve. Add Worcestershire sauce.

NOTE: ***During simmering remove excess fat.***

3. Blend fat and flour to a smooth paste. Add to lentil puree, stirring until slightly thickened.
4. Let simmer about 20 minutes, stirring frequently. If soup thickens during meal period, thin out with hot water.

VARIATIONS (100 servings)

2½ pounds of thinly sliced (round) frankfurters may be added to the soup during Step No. 4.

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lentils	6 lbs.	3¼ qts.
Ham stock*	—	6 gals.
Onions, chopped	1 lb., 8 oz.	4½ cups
Celery, diced fine	1 lb., 8 oz.	1½ qts.
Carrots, diced fine	1 lb., 8 oz.	4½ cups
Sugar, granulated	2 oz.	4 Tbsp.
Salt	2 oz.	¼ cup
Pepper, black or white	—	1½ tsp.
Nutmeg, ground	—	1½ tsp.
Mustard, dry	—	1½ tsp.
Worcestershire sauce	—	1½ tsp.
Fat, melted	14 oz.	2 cups
Flour, sifted	8 oz.	1 pt.
Cold water	—	to cover

*Recipe No. 7.

No. 23 TOMATO SOUP with Barley, Macaroni, Noodles or Rice

FIRST . . .

1. Assemble and chop vegetables.

THEN . . . 1½ hours before serving:

2. Heat stock or water to boiling temperature.
3. Add celery, onions, tomatoes, salt, pepper and sugar. Let simmer 20 minutes or until vegetables are tender.
4. Blend melted fat and flour and stir gradually into hot soup mixture. Bring mixture to a boil and simmer until thickened. Strain.
5. Allow soup to simmer again. Stir in barley, macaroni, noodles or rice. Let simmer about 30 minutes or until cereal is tender. Serve hot.

NOTE: ***Stir just before each serving to prevent cereal from settling to bottom.***

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef stock* or water	——	4 gals.
Celery, chopped	2 lbs.	2 qts.
Onions, chopped	2 lbs.	1½ qts. (6 cups)
Tomatoes	19 lbs. 2 oz.	3 No. 10 cans
Salt	6 oz.	¾ cup
Pepper	¼ oz.	¾ Tbsp.
Sugar	8 oz.	1 cup
Butter or other fat, melted	2 lbs.	1 qt.
Flour, sifted	12 oz.	3 cups
Barley, macaroni, noodles, or rice	1½ lbs.	——

*Recipe No. 6.

No. 24 NAVY BEAN SOUP

FIRST . . .

1. Pick over and wash beans. Remove stones. Soak beans overnight in water to cover. Drain. Discard water.

THEN . . . 3½ to 4 hours before serving:

2. Combine beans with ham stock, onions, bones and cloves. Heat to boiling temperature. Let simmer 2 to 3 hours. Remove bones and scum.
3. Blend flour and water to a smooth paste. Stir into soup. Add pepper and salt if needed. Reheat to boiling temperature. Continue simmering 20 minutes.

VARIATIONS (100 servings)

Bean Soup with Tomatoes . . . Reduce quantity of stock to 4½ gals. Follow recipe for Bean Soup and add ½ No. 10 can (approx. 1½ qts.) of chopped tomato pulp and juice to ham stock before simmering. (Step 2.)

Suggestion for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, navy, dried	6 lbs., 4 oz.	3½ qts.
Water, cold	——	to cover
Ham stock*	——	5 gals.
Onions, chopped	1 lb.	3 cups
Ham bones**	——	8
Cloves, whole	——	1 tsp.
Flour	8 oz.	1 pt.
Water, cold	——	1 qt.
Pepper	——	2 tsp.
Salt, if needed	4 oz.	½ cup

**May be omitted.
*Recipe No. 7.

No. 25 VEGETABLE SOUP

FIRST . . .

1. Crush tomato pulp. Assemble, wash and chop onions. Dice carrots, celery and potatoes. Shred cabbage.

THEN . . . 1 hour before serving:

2. Heat stock in stock pot. Add carrots, celery, onions, cabbage, tomatoes and potatoes.
3. Let simmer about 30 minutes or until carrots and potatoes are tender.
4. Before serving add salt, pepper, and peas. Reheat.
5. Serve hot.

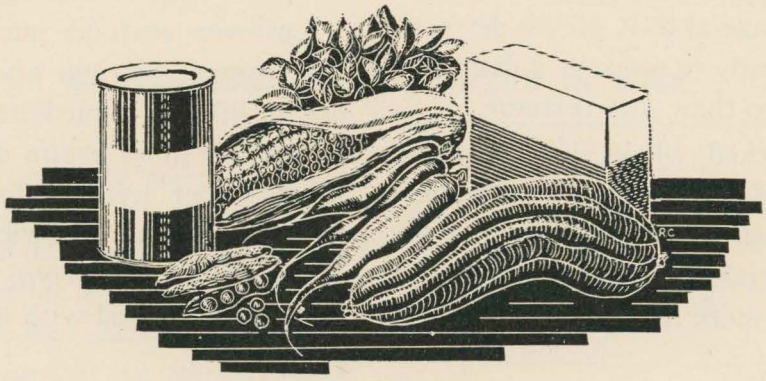
NOTE: ***Before each service, stir soup from top to bottom to prevent vegetables from settling to bottom.***

Suggestions for Leftovers

Reheat and offer at next meal.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Carrots, diced 3/8"	2 lbs. 8 oz.	7½ cups
Celery, diced 3/8"	1 lb. 8 oz.	1½ qts.
Onions, chopped	1 lb.	3 cups
Cabbage, shredded 2" pieces	1 lb. 4 oz.	5 cups
Tomatoes	9 lbs. 9 oz.	1½ No. 10 cans
Beef stock*	—	5 gals.
Salt	4 oz.	½ cup
Pepper	—	1 tsp.
Potatoes, raw diced 3/8"	4 lbs.	6 pts.
Peas	6 lbs. 10 oz.	3¼ qts.

*Recipe No. 6.



Fish Recipes

Fish is a highly nutritious food—an excellent source of protein, minerals and iodine.

Fish may be classified as *fat* (mackerel, salmon), and *lean* (haddock, cod, trout). Fat fish is best for baking and broiling; lean fish for steaming, simmering and chowder. Either fat or lean fish may be fried. The recipes that follow state the type of fish to be used.

Fresh Fish and Shellfish (such as shrimp, oysters, clams) sometimes are supplied to merchant vessels and should be kept iced until ready to use. Fresh fish and shellfish should be served during first two or three days as they are highly perishable.

Frozen Fish is provided in the form of fillets, (lengthwise cuts) steaks, (crosswise cuts of large fish) or in the round. Frozen fish should be held in cold storage at 0°F. Never defrost frozen fish until ready to prepare, and never allow frozen fish to thaw and refreeze.

Salted Fish is packed whole, in fillets or shredded. It should be soaked in cold water to remove excess salt and then cooked in the same manner as fresh or frozen fish. Salted fish is perishable—store it in the fish box.

Smoked Fish is also perishable and should be stored in the fish box. Smoked fish is ready to eat without any preparation.

Canned Fish will keep for an indefinite period as long as the seal of the can is not broken. Store canned fish in dry storeroom.

How to Cook Fish

To cook fish, sprinkle both sides of the raw fish with salt and pepper 5 to 10 minutes before preparation. Cook at low temperature until well done but not tough and dry. The time required for cooking depends upon the thickness of the fish. To test doneness, press the fish lightly with a fork. It is done when it tends to separate into flakes.

When serving fish that has been fried or baked, garnish with a few slices of lemon and whole or chopped sprigs of parsley.

What to Do with Leftovers

Leftover seafood, such as white-fleshed fish, oysters, shrimp and clams, should be put in chill box immediately and used as soon as possible in *au gratin* dishes, fish cakes or salad. Other leftover fish, except smoked, may be used as sandwich spread, creamed or escalloped, *au gratin,* croquettes, or reheated and served with a Creole sauce.

No. 26 BAKED FRESH OR FROZEN FISH FILLETS

FIRST . . .

1. Thaw the fillets, wipe with damp cloth, and cut into 4 to 5 ounce servings.
2. Cut bacon into small thin pieces.

THEN . . . 1¼ hours before serving:

3. Fry one half bacon in baking pans until crisp.
4. Place fish over fried bacon in pans; sprinkle with salt and pepper. Cover with thin slices of remaining bacon or salt pork.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bacon or salt pork	4 lbs.	—
Fish, fillets	30 lbs.	—
Salt	2½ oz.	5 Tbsp.
Pepper	½ oz.	5½ tsp.

[*Con't. next page*]

5. Bake in moderate oven (325° F.) about 30 minutes. Baste occasionally with melted fat.
6. Serve carefully with wide cake turner to avoid breaking.
7. Garnish with lemon and serve.

Suggestions for Leftovers

Use in Fish Balls or as Au Gratin Fish. Should be used within 48 hours.

No. 27 BAKED FISH WITH DRESSING

FIRST . . .

1. Thaw, wipe fillets with damp towel, cut into 4 to 5 oz. servings.
2. Cube bread, chop onions and parsley.

THEN . . . 1¾ hours before serving:

3. Combine melted shortening, bread cubes, onions, salt, pepper, poultry seasoning and parsley; mix well.
4. Spread mixture on bottom of greased baking pans and place fillets on top.
5. Sprinkle fish with salt. Bake in moderate oven (325° F.) 1 hour or until fish are flaky.

NOTE: ***Baste several times during baking period with small amount of hot water and butter (use 1 quart of hot water and ¼ pound of butter).***

6. Serve carefully with large cake turner, removing dressing and fish together from the pan.

PORTION: ⅓ cup dressing. 5 oz. fish		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Shortening, melted	2 lbs.	1 qt.
Bread cubes, dry	4 lbs.	2 gals.
Onions, chopped	½ lb.	1½ cups
Salt	1¼ oz.	2½ Tbsp.
Pepper	½ oz.	5½ tsp.
Poultry seasoning	1 oz.	2 Tbsp.
Fish, fillets	30 lbs.	—
Salt	2 oz.	4 Tbsp.

7. Garnish with lemon and serve.

Suggestions for Leftovers

Fish Balls; Croquettes; or Salad. Should be used within 48 hours.

No. 28 BAKED FILLET OF FLOUNDER IN MILK

FIRST . . .

1. Thaw fillet and wipe with damp towel. Cut into 4 to 5 oz. servings.
2. Slice onions into thick slices.

THEN . . . 1½ hours before serving:

3. Mix together the flour, salt and paprika.
4. Dip fish in flour mixture and place on greased baking sheet.
5. Pour the milk over fish and place in moderate oven (325° F.) to bake.
6. Saute onions in melted fat until tender but not browned.
7. After the fish has cooked about 10 minutes arrange the onions on top of the fillets.
8. Place a strip of bacon over each fillet and return the fish to the oven. Cook it for 10 minutes longer or until the fish is tender and the bacon crisp.
9. Garnish with lemon and serve.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fish, fillets	30 lbs.	—
Flour, sifted	1 lb.	4 cups
Salt	2½ oz.	5 Tbsp.
Paprika	—	4 tsp.
Milk, evaporated	7 14-oz. cans	3⅓ qts.
Water for milk	—	3 qts.
Onions, sliced	5 lbs.	5 qts.
Butter or bacon fat, melted	¾ lb.	3 cups
Bacon	5 lbs.	100 strips

Suggestions for Leftovers

Flounder may be served Creamed; Au Gratin; Scalloped; or used in Salads. Should be used within 48 hours.

No. 29 BROILED FINNAN HADDIE

FIRST . . .

1. Wipe and trim fillets, cut into 4 oz. servings.

THEN . . . 1 hour before serving:

2. Place fillets in shallow pan. Cover with cold water. Heat to boiling temperature. Let simmer about 10 minutes. Pour off water.
3. Mix evaporated milk and water; add to fish. Heat slowly to boiling temperature.
4. Test fish for tenderness; if it breaks easily, dot with butter and serve.

VARIATIONS (100 servings)

Steamed Finnan Haddie . . . Place fillets in pans. Place in steamer. Steam about 15 minutes or until tender.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Finnan Haddie, fillets	25 lbs.	——
Water, cold	——	to cover
Milk	4 No. 1 cans	1⅔ qts.
Water	——	1⅔ qts.
Butter, or other fat	6 oz.	¾ cup

NOTE: *Fish may be placed over boiling water, covered tightly and steamed until done. Remove and add hot milk. Dot with butter before serving.*

Suggestions for Leftovers

Creamed or Au Gratin Finnan Haddie.

No. 30 BAKED KIPPERED HERRING

START . . . ½ hour before serving:

1. Soak kippered herring 10 minutes in enough boiling water to cover. Drain.
2. Place herring on baking sheets in even rows.
3. Combine lemon juice, butter or oil, parsley, finely chopped onion and pepper.
4. Pour just enough water on bottom of pan to keep the herring moist while baking.
5. Bake in hot oven (400° F.) about 10 minutes.
6. Garnish with lemon and serve.

Suggestions for Leftovers

Flake and use in Croquettes or Au Gratin.

PORTION 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Kippered herring	30 lbs.	——
Lemon juice	4 oz.	½ cup
Butter, or oil	2 lbs.	——
Onions, chopped fine	12 oz.	2 cups
Parsley	3 oz.	1 cup
Pepper	¼ oz.	5½ tsp.
Water	——	small amount

NOTE: *Packaged kippered herring is mildly salted and partially cooked by the smoking process.*

No. 31 OVEN-BROILED MACKEREL

FIRST . . .

1. Thaw and wipe fillets.

THEN . . . 1 hour before serving:

2. Combine French dressing, salt and pepper.
3. Allow fish to soak in mixture for 15 minutes. Drain.
4. Place in shallow baking pans. Brush with melted fat.
5. Bake in hot oven (400° F.) for approximately 25 minutes.

NOTE: *Serve with large cake turner to avoid breaking the fish.*

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Mackerel, fillets	30 lbs.	——
French dressing	——	1 pt.
Salt	2 oz.	4 Tbsp.
Pepper	¼ oz.	5½ tsp.
Butter, or other fat	2 lbs.	4 cups

6. Garnish with lemon and serve.

Suggestions for Leftovers

Fish Balls or Croquettes. Should be used within 48 hours.

No. 32 FISH CAKES

PORTION: Two 3-oz. cakes		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fish, cooked*	20 lbs.	——
Potatoes*	16 lbs.	2½ gal.
Eggs	1 lb. 4 oz.	16 (½ pt.)
Bread crumbs, dry	2 lbs. 12 oz.	3½ qts.
Salt	3 oz.	6 Tbsp.
Pepper	——	1½ Tbsp.
Cayenne	——	⅜ tsp.

*Any leftover cooked fish and mashed potatoes can be used.

FIRST . . .

1. Flake cooked fish, removing any bone or skin.
2. Cook and mash potatoes.
3. Beat eggs slightly.

THEN . . . 2 hours before serving:

4. Mix all ingredients together until well blended. Put in chill box.

NOTE: *Be sure to chill thoroughly before shaping.*

5. Shape into small cakes (8 oz. each).
6. Fry in hot, deep fat at 375° F. about 2 to 3 minutes, or until golden brown.

NOTE: *Do not overcrowd the basket.*

7. Drain on absorbent paper.
8. Serve with Cream Sauce.

No. 33 CREAMED FINNAN HADDIE

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Finnan Haddie, cooked, flaked	15 lbs.	1¾ gals.
White sauce, medium*	——	3 gals.
Eggs, beaten (optional)	2 lbs.	20 (1 qt.)

*Recipe No. 116.

FIRST . . .

1. Flake and bone Finnan Haddie.
2. Make 4 gallons of Medium White Sauce.

THEN . . . 1 hour before serving:

3. Mix together flaked fish and white sauce.
4. Add slightly beaten eggs. Stir rapidly to prevent over-cooking or lumping.

NOTE: *Be sure to stir well.*

5. Serve on toast or over rice.

VARIATIONS (100 servings)

Creamed Codfish . . . Substitute 15 lbs. of cooked flaked codfish for Finnan Haddie in above recipe.

Creamed Salmon . . . Substitute 15 lbs. of cooked flaked salmon for the Finnan Haddie in the above recipe.

No. 34 CODFISH BALLS

PORTION: Two 2½-oz. cakes		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, peeled, quartered	20 lbs.	2½ gals.
Codfish, boneless, salt	10 lbs.	1¼ gals.
Butter or other fat, melted	10 oz.	1¼ cups
Eggs, slightly beaten	2 lbs.	20

FIRST . . .

1. Wash codfish in cold water to remove excess salt.
2. Place in cold water and heat to the simmering point, pour off the water and repeat the process until the fish is freshened. (This usually requires 3 heatings).

THEN . . . 2 hours before serving:

3. Combine fish and potatoes, cover with boiling water, cover pan and boil together until potatoes are very soft. (About 25 minutes). Turn into a colander and press the moisture out.

NOTE: *Do not force the mixture through the colander. Do not let potatoes become cold.*

4. Mash and beat together the fish and potatoes until the mixture is light and smooth.
5. Add butter, pepper and eggs, and beat mixture until light.
6. Shape into round balls about 2½ oz. each and lay on floured pan. Then fry in small amount of fat or in deep fat until golden brown. Lay on rack to drain, then keep hot until serving time.
7. Serve with Tomato Sauce.

No. 35 FISH AU GRATIN

FIRST . . .

1. Flake cooked fish, remove bones and skin.
2. Prepare Medium Cream Sauce.
3. Chop cheese and combine with bread crumbs.

THEN . . . 1 hour before serving:

4. Combine fish, cream sauce, salt and pepper.
5. Arrange fish mixture in alternate layers with bread crumbs and cheese, finishing with bread and cheese mixture.
6. Bake in moderate oven (375° F.) for 25 min.

Suggestions for Leftovers

If this is the second use of the cooked fish, discard any leftovers.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fish, cooked, flaked*	20 lbs.	—
Cream sauce, medium**	13½ lbs.	1½ gals.
Salt	2 oz.	¼ cup
Pepper	½ oz.	5½ tsp.
Bread crumbs, dry	2 lbs.	2½ qts.
Cheese, chopped	4 lbs.	3 qts.

*Any cooked white fish may be used.
**Recipe No. 116.

No. 36 FRIED FILLET OF FISH

FIRST . . .

1. Thaw fish and wipe fillets with damp towel.
2. Cut fillets into 4-5 oz. servings.

THEN . . . 1¼ hours before serving:

3. Sprinkle fillets with salt and pepper.
4. Dip in flour or cornmeal.
5. Dip fish into egg and milk mixture. Roll in bread crumbs.
6. Fry in hot deep fat at 375° F. 5 to 6 minutes or until light golden brown.

NOTE: ***Place only one layer of fish in bottom of deep fat basket.***

Fish may be placed on absorbent paper in a pan, then in moderate oven for about 5 minutes to keep hot until serving period.

7. Serve with Tartar Sauce.

Suggestions for Leftovers

Reheat and offer for service within 24 hours.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fish (fillets)	30 lbs.	—
Salt	4 oz.	½ cup
Pepper	¼ oz.	¾ Tbsp.
Flour or cornmeal	1 lb.	4 cups
Eggs	10 each	2 cups
Milk, evaporated	1 14-oz. can	1⅔ cups
Water	—	1 pt.
Bread crumbs	2 lbs.	10 cups

VARIATIONS (100 servings)

Fried Oysters . . . Empty the oysters into a sieve. Drain, lifting oysters occasionally to insure proper draining. Pick over to remove any loose shells. Dip oyster in cracker crumbs and proceed as in Fried Fillet of Fish, beginning with Step 5. Allow 4 to 6 oysters to a serving depending on the size.

No. 37 BOILED SALT MACKEREL

FIRST . . .

1. Soak in cold water to cover. The ordinary soaking is overnight, and if fish is to be boiled this is ample. For very salty fish that is to be broiled, pan fried or baked, the soaking should be about 24 hours. Change the water 2 to 3 times if necessary. The amount of time varies according to the saltiness of the fish.
2. If quick freshening is required, put in cooking vessel, cover with cold water, bring to boiling point, pour off water and repeat. This is ordinarily enough to freshen and takes only about 20 minutes, but the fish is not as tender.

PORTION: 4-5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Mackerel, fillets	30 lbs.	—
Water to soak	—	to cover
Butter	1 lb.	2 cups

THEN . . . 1½ hours before serving:

3. When freshened, simmer 20 minutes or until tender, dot with butter and serve.

NOTE: ***Any method used for cooking fresh fish may be used instead of simmering. For example, broiling, frying, baking.***

No. 38 SALMON LOAF

FIRST . . .

1. Drain, pick over, and flake salmon; reserve juice.
2. Extract onion juice and crumble bread.

THEN . . . 1½ hours before serving:

3. Combine salmon, beaten egg, bread crumbs, butter, milk and water (salmon liquid can replace part of water); mix well. Shape into loaves.
4. Place in well greased baking pans. Bake in slow oven (300° F.) about 1 hour or until slightly brown and firm to the touch.
5. Allow the loaves to cool about 15 minutes before slicing.

NOTE: *Slicing while too hot may cause the loaf to crumble.*

6. Remove loaf from pan and slice carefully into ⅝ inch slices, serving two pieces to an order.
7. Serve with Cream Sauce or Tomato Sauce.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salmon	20 lbs.	—
Eggs, beaten	—	24 each
Bread crumbs, soft	1 lb.	—
Salt	1 oz.	2 Tbsp.
Butter	1 lb.	2 cups
Onion juice	8 oz.	1 cup
Tabasco sauce	—	1 Tbsp.
Paprika	—	2 tsp.
Milk, evaporated	2 14½-oz. cans	3⅓ cups
Water	—	1 qt.

Suggestions for Leftovers

May be sliced and served with a different sauce. Use within 60 hours.

Poultry Recipes

The food value of poultry does not differ essentially from that of meat, but poultry is more easily digested because the fibres of the flesh are shorter and very little fat is distributed through the flesh, most of it lying in layers just under the skin. Chicken, turkey or duck are favorite menu items. There are a variety of ways poultry may be prepared, depending on the class of the birds.

Chicken Classifications

Broilers—young chickens approximately 8 to 12 weeks old of either sex, of marketable age but not weighing over 2½ pounds and sufficiently soft-meated to be cooked tender by broiling.

Squab-broilers—broilers weighing ¾ to 1½ pounds because they resemble young pigeons and are sometimes served as such.

Chickens—young chickens of either sex weighing from 3½ pounds and up.

Fryers—young chickens, approximately 14 to 20 weeks old of either sex, weighing over 2½ to 3½ pounds and sufficiently soft-meated to be cooked tender by frying.

Roasters—young chickens, approximately 5 to 9 months old, of either sex, weighing over 3½ pounds and sufficiently soft-meated to be cooked tender by roasting.

Spring Chickens—hatched during the spring of the year.

Capons—unsexed male birds weighing over 4 pounds (4-8) usually 7 to 10 months old and with soft and tender flesh.

Fowl—mature female birds of any age or weight.

Ducks and Ducklings

Ducks have a large amount of excess fat. A *duckling* is a young bird, but may weigh as much as 6 pounds.

Turkey Classifications

Turkeys are classified as young and old *hens* and *toms*.

NOTE: ***The older a bird is, the more heat and moisture is needed to tenderize it.***

To determine the amount of edible meat per pound, remember that chicken and duck yield 3½ ounces cooked meat per pound; turkey yields 5 or 6 ounces cooked meat per pound.

How to Judge Poultry

In identifying young birds, such as broilers, fryers, or roasters, look for the following: smooth and limber feet; legs that are thick and short; pliable cartilage at end of breast bone; many pin-feathers and no long hairs. The breast should be plump, yet firm when pinched between the fingers.

Older birds may be roasted, but should be pre-boiled first. They are usually cooked by stewing or fricasseeing.

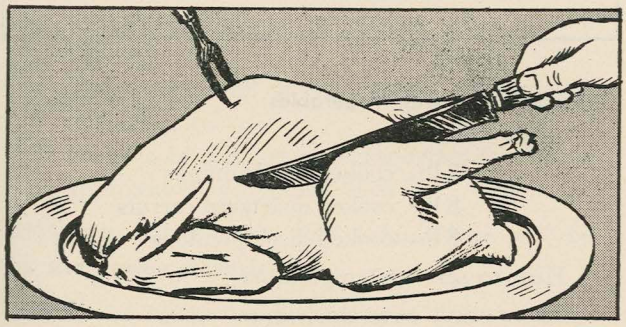
How to Cook Poultry

Young birds can be cooked by dry-heat methods—broiling, frying and roasting. Older birds require moist heat and long slow cooking. They should be braised, stewed or steamed—or may be stewed until tender, then roasted. Low heat is recommended for cooking poultry, the shrinkage is less and the meat jucier.

Use the giblets (gizzard, liver and heart). They make good eating.

How to Carve Roast Chicken or Turkey

With a little practise, anyone can become an expert carver of chickens or turkeys. Here are the general rules to follow: Bird should be placed on back, with legs toward right. Insert cook's fork across breastbone, hold firmly with one hand, and with the other guide the carving knife through skin between leg and body, close to body.



With knife, pull leg back and disjoint from body. If legs are large enough, separate second joint from drumstick, slice meat from leg.

With fork still across breastbone, cut off wing by cutting sharply where wing joins body. If wing is large enough, divide at joint. Remove leg and wing from other side in same way.

Carve breast meat in thin, crosswise slices. Unless otherwise directed, include both light and dark meat in each serving.

How to Carve Duck

After removing legs and wings, cut lengthwise along breastbone, then cut crosswise. One duck will yield four servings.

No. 39 CHICKEN (MARYLAND STYLE)

FIRST . . .

1. Thaw chickens. Prepare for cooking.
2. Cut into quarters or into eighths dividing each side of breast in two and each leg into thigh and drumstick.

THEN . . . 2½ to 3 hours before serving:

3. Combine flour, salt and pepper. Roll chicken in seasoned flour.
4. Mix milk and water. Add beaten eggs and mix well. Dip floured chicken into milk and egg mixture. Roll in bread crumbs.
5. Place in well-greased baking pans. Pour small amount of melted fat over chicken.
6. Bake uncovered, in moderate oven (350° F.) 1 to 2½ hours or until tender, depending on size of chickens. Baste with mixture of hot fat and water several times during cooking.
7. Serve one piece of light meat (such as breast) and one piece of dark meat (such as thigh or drumstick) unless otherwise requested by crew member.

VARIATIONS (100 servings)

Fried Chicken (Maryland Style) . . . Prepare chicken (broilers or fryers) the same as for Maryland Style (baked) through Step 2.

Place breaded chicken in frying basket (one layer at a time) leaving space between pieces.

PORTION: ¼ chicken each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chickens, (roasters or fryers) dressed	75-100 lbs.	25 birds
Flour	4 lbs.	1 gal.
Salt	6 oz.	¾ cup
Pepper	1 oz.	3½ Tbsp.
Eggs, beaten	1 lb. 13 oz.	18 eggs
Milk, evaporated	2 14½ oz. cans	3⅓ cups
Water	——	4⅔ cups
Bread crumbs, fine	4 lbs.	1 gal
Chicken or other fat	1 lb.	1 pt.

Lower chicken carefully in deep fat (350° F.). Fry fifteen to twenty minutes after the temperature has dropped to between 320° F. and 325° F.

Place cooked pieces of chicken on absorbent paper in heated pans. Keep hot in slow oven (300° F. to 325° F.) until ready to serve.

Suggestions for Leftovers

Chicken a la King; Creamed Chicken; or in Chicken Soup.

No. 40 BRAISED POULTRY

FIRST . . .

1. Thaw and prepare fowl (or turkey) for cooking. Disjoint.

THEN . . . 4 to 4½ hours before serving:

2. Combine flour, salt, and pepper. Dredge chicken in seasoned flour.
3. Heat fat and place chicken in fat. Place largest pieces in fat first. Do not crowd.
4. Fry until brown, turning occasionally to insure even browning. Place in roasting pans. Add enough stock to cover bottom of pan. Cover.
5. Braise in moderate oven (350° F.) for 2½ to 3½ hours, depending on kind of poultry.
6. Turn and baste several times during braising period.
7. Serve with gravy made from liquid drained from braised poultry.

NOTE: ***Chicken may be braised in steam-jacketed kettle.***

PORTION: ¾ lb. A.P.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fowl or Turkey	75 lbs. A.P. 50 lbs.	—— ——
Flour, sifted	4 lbs.	1 gal.
Salt	6 oz.	¾ cup
Pepper	1 oz.	3½ Tbsp.
Chicken, Turkey or other fat	2 lbs.	1 qt.
Stock or water	——	1 gal.

VARIATIONS (100 servings)

Braised Poultry with Dressing . . . Serve pieces over a portion of dressing.

Braised Poultry with Vegetables . . . Combine chicken gravy with:

8 lbs. cooked whole onions
8 lbs. cooked quartered carrots
8 lbs. cooked diced potatoes

Heat to serving temperature.

Serve gravy over chicken.

Suggestions for Leftovers

Chicken Pot Pie; Chicken Biscuit Roll; or Chicken Salad.

No. 41 BAKED CHICKEN AND NOODLES

FIRST . . .

1. Cook chicken, saving stock.
2. Remove chicken meat from bones and cut into ¾" cubes.

THEN . . . 1½ to 2 hours before serving:

3. Add salt to boiling water and stir in noodles. Cook about 20 minutes or until tender. Drain.
4. Blend together fat, flour, salt and pepper to a smooth paste. Stir into stock. Heat to boiling temperature, stirring constantly, until thickened. Reduce heat and simmer for 10 minutes.
5. Pour sauce over cooked noodles. Stir in diced chicken. Place in greased baking pans.
6. Blend together crumbs and melted butter. Sprinkle over creamed mixture.
7. Bake in hot oven (400° F.) 30 minutes or until mixture is heated through and crumbs are light brown.

NOTE: ***When serving, spoon out so that brown crust is uppermost on plate.***

PORTION: 8 oz. each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Noodles	6 lbs. 4 oz.	3¾ gals.
Salt (for noodles)	3 oz.	6 Tbsp.
Water, boiling	——	4½ gals.
Chicken fat or butter	1 lb. 4 oz.	1 qt.
Flour	1 lb. 4 oz.	2 qts.
Salt (for stock)	4 oz.	½ cup
Pepper, white	½ oz.	5½ tsp.
Chicken stock*	——	8 qts.
Chicken, cooked and diced**	14 lbs. E.P. (65 lbs. A.P.)	1¾ gals.
Bread crumbs, fine	12 oz.	1½ qts.
Butter melted	8 oz.	½ pt.

*See Recipe No. 5.
**Can be leftover.

Suggestions for Leftovers

Chicken Noodle Soup; or use as filling for peppers.

No. 42 CHICKEN CROQUETTES

FIRST . . .

1. Chop cooked chicken and onions.
2. Have chicken stock ready.

THEN . . . 2 to 3 hours before serving:

3. Sprinkle chicken with salt and pepper.
4. Fry onions in fat until clear.
5. Add flour and blend to a smooth paste. Stir in stock, add celery salt. Simmer until thickened, stirring constantly. Remove from heat. Cool slightly.
6. Stir in eggs, bread crumbs and chicken. Mix thoroughly. Spread in shallow pans to cool quickly.
7. When cool, chill in refrigerator. (Croquettes will shape easier.)
8. Shape cold mixture into croquettes (weighing approximately 2½ ozs. each).

CAUTION: *Avoid cracks and holes. These will be dark and greasy when fried.*

9. Bread croquettes by rolling in flour and dipping into milk and egg mixture and rolling in bread crumbs.
10. Fry in hot deep fat at 375° F. for 3 to 4 minutes or until light golden brown.

NOTE: *Place only one layer of croquettes in bottom of deep fry basket. Do not overcrowd. If croquette mixture is very cold, place croquettes on absorbent paper in a pan and heat in moderate oven for about 5 minutes. Otherwise, centers may not become sufficiently heated while croquettes are fried, even though surface fries golden brown.*

PORTION: Two 2½ oz. croquettes		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
FOR CROQUETTES:		
Chicken or turkey cooked, finely chopped	10 lbs.	10 qts.
Salt	2 oz.	¼ cup
Pepper	¼ oz.	¾ Tbsp.
Celery salt	—	2 tsp.
Onions, finely chopped	1 lb.	4 cups
Butter, or other fat	2½ lbs.	1½ qts. 6 cups
Flour	1½ lbs.	6 cups
Milk, evaporated	—	5 cups (3 14-oz. cans)
Chicken stock*	—	5¾ qts.
Eggs, beaten	1 lb. 4 oz.	12 eggs or 2½ cups
Bread crumbs	3 lbs.	3¾ qts.
FOR BREADING:		
Flour	1 lb.	4 cups
Eggs, beaten	10	2 cups
Milk, evaporated	—	1⅔ cups (1 14-oz. can)
Water	—	1 pint
Bread crumbs, dried	2 lbs.	10 cups

*Recipe No. 5.

VARIATIONS (100 servings)

Turkey Croquettes . . . Substitute turkey for chicken and continue as directed.

Baked Chicken or Turkey Croquette Loaf . . . Bake croquette mixture in well-greased baking pans in slow oven (325° F.) for an hour. Slice or cut squares for serving.

Ham Croquettes . . . Substitute finely chopped cooked ham for chicken. Substitute ham stock or milk for chicken stock. Follow remainder of recipe.

Veal, Beef, Salmon, Lamb, etc. . . . Substitute cooked meat or fish for chicken. Substitute stock or milk for chicken stock.

No. 43 FRIED CHICKEN (PAN FRIED)

PORTION 1 lb. A.P.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chickens (fryers or roasters) dressed	75-100 lbs.	25 birds
Flour	4 lbs.	1 gal.
Salt	5 oz.	10 Tbsp.
Pepper	——	2 Tbsp.
Fat, melted	5 lbs.	2½ qts.

FIRST . . .

1. Thaw chickens and prepare for frying.
2. Cut into quarters or disjoint into eighths.

THEN . . . 45 minutes to 1 hour before serving:

3. Mix flour, salt and pepper.
4. Dredge (or roll) pieces in flour mixture until completely covered. Shake off excess flour.
5. Heat enough melted fat in roasting pan or skillet to cover chicken partially.
6. Place chicken in hot fat, largest pieces first. Do not crowd.
7. Fry until brown, turning occasionally. Reduce heat after ten to fifteen minutes of cooking and continue cooking, (still turning occasionally) thirty minutes for fryers and fifty minutes for roasters, or until tender.
8. Serve both light and dark meat, unless otherwise requested by crew member.

VARIATIONS (100 servings)

Oven Fried Chicken . . . Prepare chicken as given in above recipe up to and including Step 6.

NOTE: ***Chickens should be browned for three to five minutes in deep fat.***

Then, when chicken is brown, place one layer in baking pans.

Pour enough stock over chicken to keep it from sticking to bottom of pan.

Bake uncovered in moderate oven (350° F.) one hour for fryers and 1 to 1½ hours for roasters, or until tender. Add additional stock in small amounts if necessary during baking.

Country Style Fried Chicken . . . Prepare Fried Chicken as given in above recipe through the first part of Step 5. Then, add enough boiling water to cover bottom of pan.

Cover pan tightly and continue cooking, turning occasionally, allowing the chickens to steam for about thirty minutes.

If crisp skin is desired, uncover chicken and continue cooking for another ten minutes, turning once or twice to make the chickens crisp.

If crisp skin is not desired, continue steaming with chicken covered for the additional ten minute period.

Use drippings in pan to make a Cream Gravy.

Suggestions for Leftovers

Chicken and Ham with Noodles; Chicken Curry; or Chicken Croquettes.

No. 44 ROAST CHICKEN

PORTION: ¾ lbs. A.P.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chickens (roasting)	75-100 lbs.	25 birds
Salt	5 oz.	10 Tbsp.
Pepper	——	2 tsp.
Bread dressing	14 lbs.	5 gals.
Chicken fat or other fat, melted	1 lb.	1 pt.

FIRST . . .

1. Thaw chickens.
2. Draw and prepare for roasting.

THEN . . . 3½ to 4 hours before serving:

3. Rub cavity of chicken thoroughly with salt and pepper.
4. Grease outside of bird with melted fat.
5. Place in roasting pan on backs or breasts being careful not to overcrowd.
6. Roast in slow oven (325° F.) 2½ to 3 hours. Turn occasionally to brown evenly and baste frequently with pan drippings.
7. To test doneness, grasp drumstick: if joint moves easily or breaks, the ligaments in joint are tender and meat is done.

NOTE: ***Chickens may or may not be stuffed for roasting. For large quantity preparation, roast without stuffing and bake the dressing in greased roasting pan at 350°F. for one hour.***

8. Allow chicken to cool slightly, then cut into four servings per bird. Serve with dressing and gravy.

[*Con't. next page*]

VARIATIONS (100 servings)

Roast Duck . . . Prepare 100-125 lbs. young ducks (25 birds). Use salt (5 oz.) and pepper (¼ oz.). Increase roasting time to 3½ hours. Turn occasionally to brown evenly. Divide duck into four portions.

NOTE: ***Remove excess fat from roasting pan before making gravy.***

Roast Turkey . . . Prepare 75 lbs. of young turkeys. Increase salt requirement to 6 oz. and pepper to ¾ oz. Roast turkeys weighing up to 16 lbs. at 325° F. approximately four hours, or until tender; turkeys weighing 16 to 20 lbs. at 300° F.; turkeys over 20 lbs. at 250° F. Baste turkeys frequently with pan drippings and turn occasionally to brown evenly. Roast turkeys until all traces of pink juice have disappeared from the meat. (To test, pierce thick part of drumstick with cook's fork.) All turkeys should stand at least thirty minutes before carving.

Suggestions for Leftovers

Cold Sliced Chicken; Chicken and Ham Salad; Hot Chicken Sandwich; Baked Stuffed Peppers or Onions make interesting leftover dishes.

No. 45 CHICKEN STEW

FIRST . . .

1. Thaw chicken, prepare for boiling. Leave whole.
2. Chop celery and onions. Dice carrots.

THEN . . . 5 hours before serving:

3. Place chicken in kettle, add salt, celery, onions and carrots. Cover with water.
4. Cover tightly and heat to boiling point. Reduce heat and let simmer 3½ to 4 hours or until tender.
5. Skim excess fat and add sufficient new extra fat to make required 2½ pounds.
6. Heat fat, blend in flour, stir constantly. Allow to blend thoroughly but do not brown. This is the roux.
7. Drain stock from meat. Stir into roux (mixture made in Step 6). Heat to boiling point, stirring constantly until thickened. Reduce heat and simmer about 10 minutes.
8. Remove meat from chicken bones. Remove and discard skin. Cut meat into 1 inch pieces.
9. Combine meat, vegetables and gravy. Heat to serving temperature.

NOTE: ***Serve hot with cooked rice or mashed potatoes.***

VARIATIONS (100 servings)

Chicken Stew with Noodles or Dumplings . . . Drop 6 pounds dry noodles or dumplings by spoonsfuls into stew. Cover tightly. Cook 15 to 20 minutes.

Chicken Pie with Mashed Potato Crust . . . Pour chicken stew into greased baking pans. Cover with layer of mashed potatoes. Bake in hot oven (425° F.) until mixture bubbles and surface of potatoes is light brown.

PORTION: 6-8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken	65 lbs. A.P. 49 lbs. fully drawn	——
Celery, coarsely chopped	2 lbs.	½ gal.
Onions, coarsely chopped	2 lbs.	1½ gals.
Carrots, diced	2 lbs.	½ gal.
Salt	6 oz.	¾ cup
Water, cold	to cover	——
Flour	2 lbs.	2 qts.
Fat, melted	2½ lbs. (variable)	1¼ qts. (variable)

NOTE: ***Allow ¾-1 cup of stew per serving. Measure amount of stew per pan according to number of squares into which crust is to be cut.***

Chicken Pie with Biscuits or Biscuit Crust . . . Pour chicken stew into greased baking pans. Cover with biscuit dough in form of individual rounds or one large crust. If the latter, the dough must be pierced with point of a knife to allow escape of steam. Bake in hot oven (425° F.) until mixture bubbles and biscuits or biscuit crusts are brown.

NOTE: ***Allow ¾-1 cup of stew per serving. Measure stew into each pan according to number of biscuits or squares per pan.***

Suggestions for Leftovers

Creamed Chicken and Ham, Chicken Chop Suey, Chicken Jambolaya, Chicken with Spanish Sauce.

No. 46 CHICKEN AND VEGETABLE PIE

FIRST . . .

1. Make chicken stock.
2. Remove chicken from bones and cut into ¾" cubes.
3. Peel and cut carrots into ½" cubes; cut potatoes into ½" cubes.

THEN . . . 1 hour before serving:

4. Heat stock to boiling temperature.
5. Blend fat, flour and salt to a smooth paste. Stir into stock. Cook mixture stirring constantly until thickened.
6. Add chicken, potatoes, peas and carrots and blend thoroughly. Pour in baking pan.

NOTE: *Decide number of portions crust will serve per pan. Allow ¾ cup mixture per crust-portion.*

7. Roll pie dough ⅛" thick.
8. Place over chicken mixture in pan. Bake in hot oven (450° F.) 10 to 15 minutes or until mixture bubbles and pie crust is baked.

NOTE: *Biscuits or biscuit dough may be used in place of pie dough. If biscuit dough is used, pierce dough with point of knife at 3" intervals to allow escape of steam.*

PORTION: 7 oz. each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken stock*	——	3 gals
Chicken fat or other fat melted	1 lb. 4 oz.	1½ pts.
Flour	1 lb.	1 qt.
Salt	2½ oz.	5 Tbsp.
Pepper	½ oz.	5½ tsp.
Chicken, cooked, cut in ¾" cubes	14 lbs. E.P.	65 lbs. A.P. (2 gals.)
Potatoes, cooked, and in ½" cubes	3 lbs. 4 oz.	½ gal.
Peas, canned, drained	2 lbs. 4 oz.	½ No. 10 can 1 qt.
Carrots, cooked, cut in ½" cubes	1 lb.	1 qt.
Pie dough**	8 lbs.	——

*Recipe No. 5.
**See Baking Section.

Suggestions for Leftovers

Chicken Biscuit Roll or Chicken and Vegetable Hash.

No. 47 CHICKEN FRICASSEE

FIRST . . .

1. Thaw chicken, draw and prepare for boiling.

THEN . . . 5 hours before serving:

2. Place chicken in kettle and cover with water. Add salt and pepper. Heat to boiling point. Reduce heat and simmer until tender—about 3½ or 4 hours.
3. Remove meat from bones and cut in 1½" pieces.
4. Skim fat from broth. If necessary add sufficient melted fat to make required 3 lbs. Heat this fat and blend flour with it. Add hot chicken stock gradually; heat to boiling point, stirring constantly until thickened. Add evaporated milk.
5. Combine chicken meat with this sauce.
6. Serve very hot over mashed potatoes. (See variation for serving with rice or over hot biscuits.)

VARIATIONS (100 servings)

Chicken Fricassee with Rice . . . Cook 10 lbs. of rice.

PORTION: ½ to ¾ lb.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken	65 lbs., A.P. 49 lbs., fully drawn 14 lbs., E.P.	12-14 birds
Water	To cover	——
Flour	3 lbs.	3 qts.
Salt	6 oz.	¾ cup
Pepper	1 oz.	3½ Tbsp.
Chicken Fat (or other fat)	3 lbs.	1½ qts.
Milk, evaporated	——	5 14½-oz. cans (8⅓ cups)

Serve chicken and gravy on 4 oz. portion of cooked rice. May also be served over hot biscuits.

Suggestions for Leftovers

Cool, cover, store in chill-box. Use within 24 hours.

No. 48 CREAMED CHICKEN OR TURKEY

FIRST . . .

1. Prepare poultry for simmering.
2. Make chicken or turkey stock.
3. Remove chicken or turkey meat from bones and cut into 1″ cubes.

THEN . . . 15 minutes before serving:

4. Combine chicken stock, milk, and water. Heat to boiling temperature.
5. Blend fat and flour to a smooth paste. Stir into stock.
6. Cook mixture, stirring constantly, until thickened. Add chicken or turkey. Reduce heat and simmer ten minutes.
7. Stir in salt and pepper.
8. Serve on very hot toast or split baking powder biscuit or boiled noodles or corn bread or boiled rice.

NOTE: *If sauce thickens while standing during meal period, thin to proper consistency with chicken stock.*

PORTION: 6 oz. (⅔ cup)		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken or turkey cooked, cut into 1 inch cubes*	65 lbs. fowl, A.P. 14 lbs., E.P.	—
Chicken or Turkey Stock**	—	—
Milk, evaporated	4 14½-oz. cans	1⅔ qts. (6¾ cups)
Water for Milk	—	3 qts.
Chicken fat, (or other) melted	2¼ lbs.	1⅛ qts. (4½ cups)
Flour	1½ lbs.	1½ qts. (6 cups)
Salt	1½ oz.	3 Tbsp. (9 tsp.)
Pepper	¼ oz.	¾ Tbsp.

* For Creamed Turkey use 45 lbs., A.P.
** Recipe No. 5.

VARIATIONS (100 servings)

Creamed Chicken or Turkey with Ham . . . 7 lbs. of chicken (E.P.) (27 lbs., A.P.) or 7 lbs. of turkey (E.P.) (21 lbs., A.P.) cooked and 7 lbs. of ham, cooked and cubed. Add to sauce. Reheat and serve.

Creamed Chicken with Eggs . . . Add 2 dozen coarsely chopped hard-cooked eggs to creamed chicken. Reheat and serve.

Chicken or Turkey a la King . . . Add 1½ lbs. cooked green peppers (if available) and pimentos combined, finely chopped, to sauce and chicken. Green peppers should be cooked by simmering in water for 10 minutes. Mix (optional) 1½ cups egg yolks with enough milk to make a smooth mixture. Pour slowly into creamed chicken or turkey, stirring constantly. Heat about five minutes. Remove from heat to prevent simmering after egg yolks are added. Serve at once.

Suggestions for Leftovers

Cool, store in small pan, cover, place in chill-box.

Dressing and Stuffing

Dressing is an important part of the menu, particularly when fowl is served. Vary the types of dressing according to supplies and your own imagination. Because of the quantities of dressing prepared, it is often cooked separately in a baking pan. However, if the dressing is put in the birds, remember that it will swell as it cooks, so stuff the birds lightly.

Place the surplus dressing in a greased baking pan. Bake it in the oven with the bird for the last hour of cooking.

No. 49 BREAD STUFFING

YIELD: 25 pounds		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bread	15 lbs.	—
Thyme	—	1 Tbsp.
Sage	1 oz.	½ cup
Salt	2 oz.	¼ cup
Pepper	—	1 Tbsp.
Onions	3 lbs.	4¼ pts.
Celery and celery tops	3 lbs.	3 qts.
Butter or other fat	1 lb.	2 cups
Eggs, whole	—	18

FIRST . . .

1. Crumble day old bread. Soak in cold water 15 minutes and drain.
2. Chop celery and onions.

THEN . . . 1½ hours before serving:

3. Fry onions and celery until partially cooked.
4. Combine bread, thyme, sage, salt and pepper; then add cooked onions and celery. Mix lightly but thoroughly.
5. Place in greased baking pan; cover with buttered parchment paper.
6. Bake in moderate oven (350° F.) 1 hour.
7. If birds are to be stuffed: 4 pounds (1 gallon) dressing will stuff one 20 lb. turkey. 1 pound (1 qt.) dressing will stuff one 4 to 4½ lb. bird.

VARIATIONS (100 servings)

Cornbread Dressing . . . Use an equivalent amount of crumbled cornbread for the bread in Bread Dressing or Stuffing.

Nut Dressing . . . Use any kind of nuts, chopped or whole (the amount will depend on the supply on hand, but 2 to 4 pounds will be sufficient), in Bread Dressing or Stuffing.

Mushroom Dressing . . . Use 2 pounds mushrooms, chopped or whole, in Bread Dressing or Stuffing. If mushrooms are fresh, cook in fat with onions and celery.

Oyster Dressing . . . Cook oysters over low heat in oyster liquor until edges begin to curl. Drain and add to Bread Dressing or Stuffing. Mix carefully. (1 gal. oysters).

Fruit Dressing . . . Two (2) pounds cooked dried prunes or apricots, chopped, or 2 pounds raisins or apples, diced, may be added to Bread Dressing or Stuffing.

Meat Recipes

Americans consume more meat than any other nation in the world, not only for its flavor and "stick-to-the-ribs" quality, but for its health-building proteins, calories, vitamins and minerals. Needless to say, a rugged life at sea makes meat an important item of shipboard feeding.

Good meat deserves expert care and preparation so that none of its taste and nutritive value is lost. This care begins before meat is delivered to the vessel.

How Fresh-Frozen Meat Is Packed

Fabricated Beef is butchered into standard cuts, packaged and frozen. Most of the bones, excess fat, gristle and tendons have been removed according to specifications as to grade and weight. (Eliminating excess weight and routine butchering is a time-saver for the galley crew.)

Lamb and Veal are in carcass form, halved or quartered.

Pork is classified according to cut, such as loins, shoulders, hams, etc.

Smoked and Variety Meats are classified according to kind, such as frankfurters, cold cuts, tongue.

Meat is a costly, perishable product and should not be allowed to stand on pier. It must be placed under refrigeration as soon as it is brought aboard ship.

Defrost meats by removing from freezer 24-48 hours before using and thawing gradually in chill box at temperatures from 32° F. to 45° F.

Only limited time or lack of facilities should make it necessary to thaw meat at room temperatures, as this results in loss of meat juices. However, should it be unavoidable, the meat can be unpacked, unwrapped and spread in such a way as to thaw uniformly. Cover loosely with clean cloth or paper to protect from dirt. If meat is ground, do not remove original wrapping as evaporation will cause discoloration.

Meat Cookery

Cook all types of meat at low temperatures to reduce shrinkage and retain juiciness and tenderness. Low temperatures lessen possibility of burning and spattering. If meat cooked at a low temperature does not brown readily, sprinkle sugar (with or without salt) over top, and meat will brown.

Length of Cooking Time for meat depends on oven temperature, quality, size and style of cut, oven load and degree of doneness desired. Some meats *must* be well-done, others can be served according to personal preference of the crew.

Beef can be rare, medium or well-done.

Veal is served well-done, but should not be cooked to the dry and shreddy stage.

Lamb should be served medium-done with just a faint tinge of pink to be juicy and flavorful.

Fresh Pork should always be cooked to the well-done stage. There should never be a trace of pink in the interior of the meat or in the juices. Trichinosis (a disease caused by parasites) may result if fresh pork is not well-done.

Smoked Pork is also cooked well-done. *Ground meat, patties* or *meat loaf* which contain any pork must also be well-done.

Meat Thermometers are recommended as the most accurate means of determining when roasted meat is done. The thermometers should be inserted so that the bulb comes to the center of the largest muscle of the cut. The meat is then roasted until the thermometer reading indicates the desired degree of doneness.

Seasoning is preferably done at the beginning, though any time is suitable. Salt penetrates about one inch below the surface.

Boning makes carving of roasts easier.

Larding improves the flavor of lean meat cuts. Fat may be inserted into the meat with a larding needle or skewer or slices of cod fat, suet or salt pork back may be placed over the meat before cooking.

Fat from roasts is a source of calories and should be used to good advantage. Render all excess fat from carcass meat as follows:

How to Render Fat

Trim fat, dice, or run through meat grinder. Place in heavy frying pan or saucepan over very low heat; cover and simmer gently, stirring frequently until all fat is melted out and only golden brown scraps remain. Fat should not be brown. Use or discard scraps, depending on recipe.

Alternate Method

Place diced or ground fat in upper part of double boiler over boiling water and allow to steam until all fat is melted out.

Fat Salt Pork is treated as above before being used for seasoning. Fat that melts from meat is called "drippings" and can be used for basting, frying, or in soup stocks.

BASIC METHODS OF COOKING MEAT

There are two basic methods for cooking meat—by dry heat, or moist heat.

Cooking with dry heat is roasting, broiling, pan-broiling, cooking in fat or frying. It is a method best for tender cuts such as roasts, steaks and chops.

Cooking with moist heat is cooking with liquid, such as stewing, simmering and braising. It is for less tender cuts and breaks down and softens tough connective tissue. It is a method best for such cuts as flank, plate, navel, tip end of sirloin butt, top and bottom round.

Following are specific instructions for all types of meat cooking.

HOW TO ROAST

Season meat and place on rack, if available, or pan, fat side up. Do not baste; melting fat keeps meat moist. Do not sear; this does not help meat retain juices. Meat and gravy will brown without searing. Do not use water; constant low temperatures prevent drippings from burning. If heat cannot be kept constant, water may be used in small amounts only. Do not cover; this causes steam to surround meat and cut becomes a "pot roast" (moist heat method to be described later.)

Boneless roasts in *pans* are turned once or twice to cook uniformly; if meat is roasted on *rack*, turning is unnecessary.

Roast at a constant temperature of 325° F. for best flavor, juiciness and tenderness.

Meat Cuts Suitable for Roasting

BEEF	LAMB	PORK	VEAL
Inside (top) Round Grade A and AA	Leg, Boneless	Fresh Ham	Leg, Boneless
Outside (bottom) Round Grade A and AA	Loin, Boneless	Fresh Pork	Loin, Boneless
Knuckle (Sirloin Tip)	Ground Lamb	Fresh Shoulder and Butt	Ground Veal
Tenderloin		Picnic	
Boneless Sirloin Butt		Smoked Ham	
Strip Loin		Canadian Style Bacon	
Boneless Rib			
Inside Chuck Grade A and AA			
Ground Beef			

Approximate Timetable for Roasting... Oven Temperature 325° F.

KIND OF MEAT	WEIGHT (LBS.)	APPROX. COOKING TIME PER LB. IN MINUTES		
		RARE	MEDIUM	WELL DONE
Beef, boneless	6 to 8	25 to 30	30 to 35	35 to 40
Lamb, boneless	3 to 6	Never rare	35 to 40	40 to 45
Pork, boneless	4 to 6	Always well done	Always well done	45 to 50
Veal, boneless	4 to 6	" " "	" " "	40 to 45
Ham, smoked	8 to 10	" " "	" " "	30
Ham, smoked	10 to 12	" " "	" " "	25
Ham, smoked	12 to 14	" " "	" " "	20
Ham, smoked	14 to 16	" " "	" " "	20
Ham, smoked, picnic	4 to 8	" " "	" " "	35 to 45

Internal Temperatures With Oven Temperature at 325° F.

KIND OF MEAT	STAGE OF DONENESS	MEAT THERMOMETER READING	APPROXIMATE COOKING TIME PER POUND	
			BONELESS (Minutes)	BONE-IN (Minutes)
Beef	Rare	140° F.	25 to 30	15 to 20
Beef	Medium	160° F.	30 to 35	20 to 25
Beef	Well Done	170° F.	35 to 40	25 to 30
Veal	Well Done	170° F. to 180° F.	40 to 45	30 to 35
Lamb	Medium	170° F.	35 to 40	25 to 30
Lamb	Well Done	180° F.	40 to 45	30 to 35
Pork, fresh	Well Done	185° F.	45 to 50	30 to 35
Pork, smoked	Well Done	170° F.	25 to 35	20 to 30

HOW TO PAN-BROIL OR GRIDDLE-BROIL

Place meat on pan or griddle over heat. Do not grease as enough fat melts to keep meat from sticking. Brown meat, turning frequently. Season with salt and pepper on each side after browning. Continue cooking at moderate temperatures (just below smoking point). Do not allow fat to collect as meat will fry. Remove excess fat. Do not add water. Do not cover. Cook to desired doneness. When juices appear on surface and meat is firm to touch, it is well done. See table below for cuts suitable for broiling.

Meat Cuts Suitable for Broiling (Direct Heat, Griddle or Pan)

BEEF	LAMB	PORK	VEAL
Sirloin Steak (cut from strip loin)	Leg of Lamb Steaks	Smoked and Fresh Ham	Leg of Veal Steak
Inside (top) Round Steak Grade A & AA	Loin Chops	Bacon, sliced	Loin Veal Chops
Knuckle (Sirloin Tip) Steak Grade A & AA		Shoulder butt, picnic, sliced	
Tenderloin		Canadian style bacon, sliced	
Top Sirloin Butt, thick end	Liver, sliced	Liver, sliced	Liver, sliced
Boneless Rib Steak		Note: Fresh pork should never be broiled or pan-broiled. Need for pork to be well-done leads to dryness if broiled.	Note: Veal should never be broiled or pan-broiled because of tendency to dryness.
Inside Chuck Steak			
Ground Beef			

HOW TO PAN-FRY OR GRIDDLE-FRY

Slice meat thin. If preferred, dredge in flour. Brown quickly on both sides in small amount of hot fat. (Note how pan or griddle-*frying* differs from griddle-*broiling* in which no fat is added.) Season with salt and pepper on each side after browning. Turn occasionally to insure even cooking. Do not cover as meat will then braise. Cook at moderate temperature until done. See table below for cuts suitable for griddle, pan or deep-fat frying.

Meat Cuts Suitable for Griddle—Pan—or Deep-Fat Frying*

BEEF	LAMB	PORK	VEAL	VARIETY MEATS
Inside Round Steak (Grade A & AA pounded and scored)	Liver, sliced	Fresh Ham Steaks	Leg Steak or Cutlet	Frankfurters
Sirloin-Butt Steak	Leg Steaks	Loin Chops	Loin Chops	Bologna, sliced
Knuckle, Sirloin tip Grade A & AA	Loin Chops	Tenderloins, Shoulders, Picnic and Butt, sliced		Luncheon Meat, sliced
Tenderloin Steak		Smoked Ham, sliced	Liver, sliced	Liverwurst, sliced
		Canadian Bacon, sliced		
		Sausages		

*In most instances, deep-fat frying is confined to breaded pork or veal cuts.

HOW TO DEEP-FAT FRY

Place food to be fried in a long-handled wire basket and immerse basket in deep kettle partially filled with hot fat. For best results use a frying kettle just large enough for the amount of food being fried. Use the smallest quantity of fat possible. Observe the fat level indicated on the equipment or fill kettle about one-half full of fat. This prevents fat bubbling over edge of kettle as food is added. *This is important in case ship is rolling.*

During actual frying, control temperatures carefully. Keep temperature of frying fat under 380° F., as fat heated over 400° F. will burn, scorch, and break down. Check temperatures at regular intervals with a thermostat or a thermometer.

Regulate coal or oil burning ranges to prevent the flame from flaring near the surface of the fat. Hot fat splashed on a hot surface burns and scorches. In electrically heated equipment, keep heating element clean of burnt fat and food particles. Follow recipe directions for length of time food should fry. "Turnover" means adding fresh fat to compensate for fat lost through absorption by food during frying. Rapid turnover helps keep fat fresh.

Taste samples of fried food before preparing the whole batch to be sure fat is still good. Replace frying fat whenever fried foods begin to have the taste of "used fat."

How to Take Care of Frying Fat

Proper care of frying fat is important for flavor, quality, wholesomeness and economy. After each use, strain and clear the fat of sediment. To clear frying fat quickly, strain through several thicknesses of cheesecloth. A more thorough method of clearing fat is to pour it into a separate stock pot and allow to cool but not harden. Carefully sprinkle the surface with water. The water will settle to the bottom, carrying with it particles of burnt food. The clear fat can be poured off the top of the water and sediment can be drawn off from the bottom by means of a spigot. An accumulation of burnt food particles causes excessive smoking and deterioration of the fat.

HOW TO BREAD FOODS FOR FRYING IN DEEP FAT

Have four shallow pans within easy reach. In the first three, place the following approximate amounts for 100 servings:

	INGREDIENTS	WEIGHT	MEASURE
1st. pan	Mix together:		
	flour	2 lbs.	2 qts.
	salt	4 oz.	½ cup
	pepper	½ oz.	—
2nd. pan	Mix:		
	milk, evaporated	1 14-oz. can	—
	water	—	1 pt.
	Add:		
	beaten eggs	—	10 eggs (1 pt.)
3rd. pan	dried bread crumbs	2 lbs.	2 qts.
4th. pan	Use the fourth pan to hold breaded foods between operations.		

(NOTE: *for croquettes, the seasoning may be omitted.*)

1. With both hands dredge or roll *all* of the meat, fish or croquette in the seasoned flour. Transfer the floured foods to the empty pan.
2. With one hand, dip the floured foods into the egg-milk mixture and then place in the crumbs.
3. At the same time, pat the crumbs onto the dipped food with the other hand. Then lay breaded food aside until ready to fry.

NOTE: *In breading large quantities, some of the crumbs will become soggy and should be sifted from time to time to remove lumps. Using hands as suggested will keep one hand reasonably clear of sticky ingredients. If egg-milk mixture is to be used again the same day (which is unlikely) it may be stored in chill box. Otherwise, prepare only enough for immediate use and discard the leftover, since it spoils easily.*

HOW TO MAKE A STEW

Cut meat into one-inch cubes and season with salt and pepper. (Dredging meat in flour and browning on all sides in hot fat makes stew tastier.) Put meat in kettle and cover entirely with water. Do not use water from hot faucet as it contains rust or boiler compound. Cover kettle and simmer at about 185° F.–200° F. Remove excess fat floating on surface. Cook for about 2½ hours, or until tender. Add vegetables just long enough before meat is done to allow them to cook. Follow recipe directions for ingredients, etc.

How to Simmer

Cover meat completely with boiling water. Do not use water from hot faucet as it contains rust or boiler compound. Season with salt and pepper. Spices or herbs may be added for extra flavor. Cover kettle and cook meat until tender. Do not boil. Simmering retains juices, flavor and firmness of meat. Add vegetables just long enough before meat is done to allow them to cook. Use the stock in which the meat is simmered for soups and sauces.

Time-Table for Simmering

Kind of Cut	Average Weight	Approx. Cooking Time Per Pound
	(Pounds)	(Minutes)
Ham, smoked	8 to 10	30
Ham, smoked	10 to 12	25
Ham, smoked	12 to 14	20
Ham, smoked	14 to 16	20
Ham, smoked picnic	4 to 8	35 to 45
Beef, corned	4 to 6	40 to 50
Beef, fresh	4 to 6	40 to 50

Meat Cuts Suitable for Stewing and Simmering

BEEF	(LESS TENDER CUTS) LAMB	(LESS TENDER CUTS) PORK	VEAL
Boneless Neck	Shoulder, boneless or bone-in	**Fresh**	Shoulder, boneless, or bone-in
Boneless Chuck Trimmings		Spareribs	
Boneless Brisket	Shank, boneless or bone-in	Pigs Feet	Neck, boneless or bone-in
Boneless Short Plate		Hocks	
Heel of Round	Neck, boneless or bone-in	**Smoked**	Shank, boneless or bone-in
Trimmings from boneless Rib, Strip loin and Sirloin Butt		Ham	
	(Large cuts of lamb are not cooked in water)	Picnic	(Large cuts of veal are not cooked in water)
Corned		**Corned**	**Variety Meats**
Brisket		Spareribs	Heart, Tongue, Kidneys
Boneless Short Plate and Navel		Pigs Feet	
		Hocks	
		Shoulders	

HOW TO BRAISE

Season with salt and pepper, herbs and spices. Certain vegetables, such as carrots, onions and peas may be added for variety in flavor during the cooking process. Brown meat slowly on all sides in hot fat. Dredge with flour, if desired, to aid browning. This develops aroma, flavor, and color. Add only a *little* liquid to keep flavor and color.

Use a roasting pan in the oven, or top of the range, or steam-jacketed kettle. Keep meat covered to retain steam and tenderize meat. Cook at low temperature (300° F.) to decrease shrinkage and increase juiciness and flavor. Cook until tender.

Meat Cuts for Braising (Less tender cuts, except pork)

BEEF	LAMB	PORK	VEAL
Outside (bottom) round	Shoulder, boneless or bone-in	Loin Chops	Shoulder, boneless or bone-in
Inside (top) round	Shank, boneless or bone-in	Leg Steaks	Shank, boneless or bone-in
Heel of Round	Neck, boneless or bone-in	Shoulder Steaks	Neck, boneless or bone-in
Bottom Sirloin Butt		Spareribs	
Shoulder Clod		Hocks	**Variety Meats**
Inside Chuck		Tenderloins	Liver
Bottom Chuck			Hearts
Boneless Neck			Kidneys
Boneless Plate and Short Navel			
Boneless Brisket			

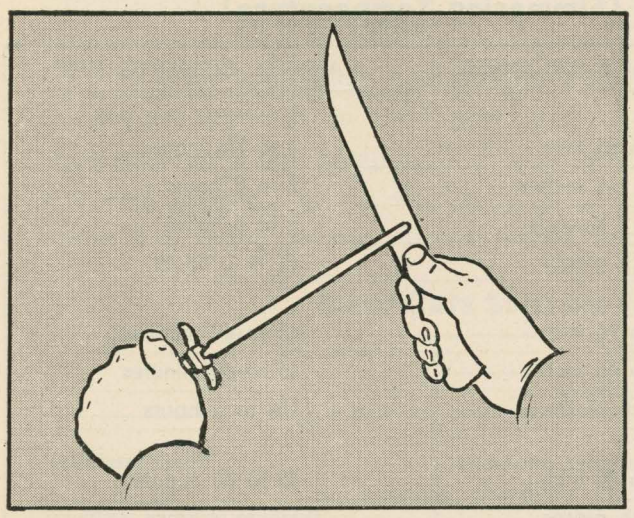
Timetable for Braising Meat (Simmering Temperature)

KIND OF CUT	AVERAGE THICKNESS	APPROX. COOKING TIME
BEEF:		
Steaks, boneless	½ to ¾ inch	1 to 1½ hours
Swiss Steak	1 to 1½ inches	2 to 3 hours
Pot roast or "soft" roast	6 to 8 pounds	3 to 4 hours
Fricassee or Stew	1 inch pieces	½ to 2 hours
VEAL:		
Cutlets (Chops or Steaks)	½ to ¾ inch	45 to 60 minutes
Breaded slices	½ to ¾ inch	45 to 60 minutes
Fricassee or Stew	1 inch pieces	1½ to 2 hours
LAMB:		
Chops	½ to ¾ inch	45 to 60 minutes
Fricassee or Stew	1 inch pieces	1½ to 2 hours
PORK:		
Chops and Steaks	½ to ¾ inch	45 to 60 minutes
Fricassee	1 inch pieces	1½ to 2 hours
Spareribs	individual servings	1½ to 2 hours

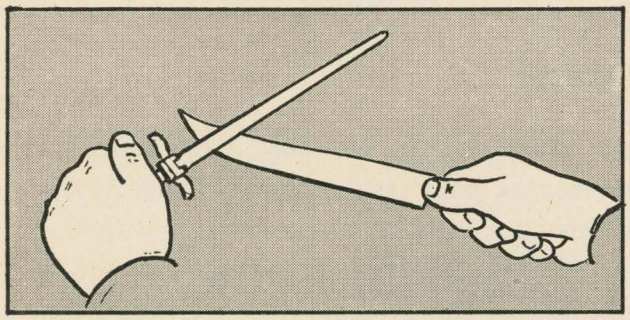
HOW TO CARVE MEATS

There are certain tricks to carving that make the bones of a cut easier to find and help the carver serve equal portions. Detailed instructions pertaining to the cuts most frequently served aboard vessels will show even the most hesitant beginner how to carve like an expert. The first rule of carving is to use a sharp knife. The correct method of sharpening a knife is shown below. Instructions for carving the various cuts of meat are given on the pages that follow.

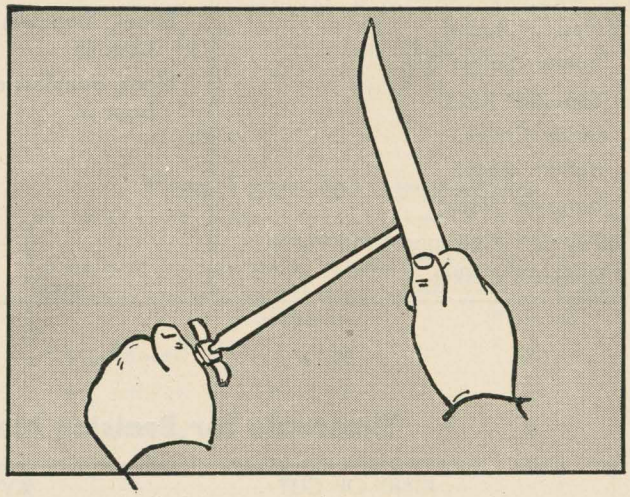
Steeling the Knife



1. The steel is used to true the blade and keep the edge in perfect condition. Hold the steel firmly in the left hand, thumb on top of the handle, with the point upward and slightly away from the body. Place the heel of the blade against the far side of the tip of the steel. The steel and the blade should meet at a slight angle, about 25 degrees.



2. Bring the blade down across the steel toward the left hand with a quick swinging motion of the right wrist and forearm. The entire edge should pass lightly over the steel.

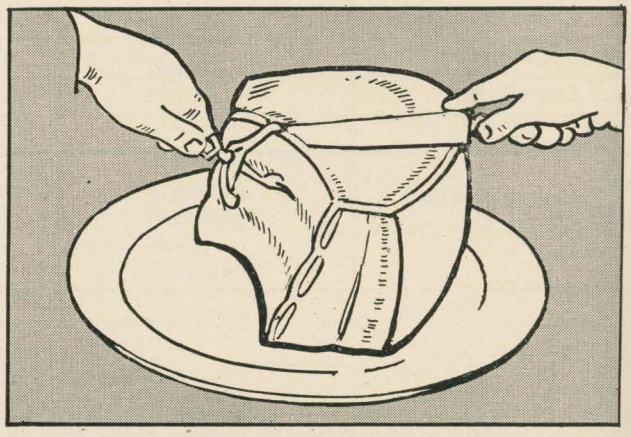


3. Bring the knife into position again with blade against the near side of the steel.

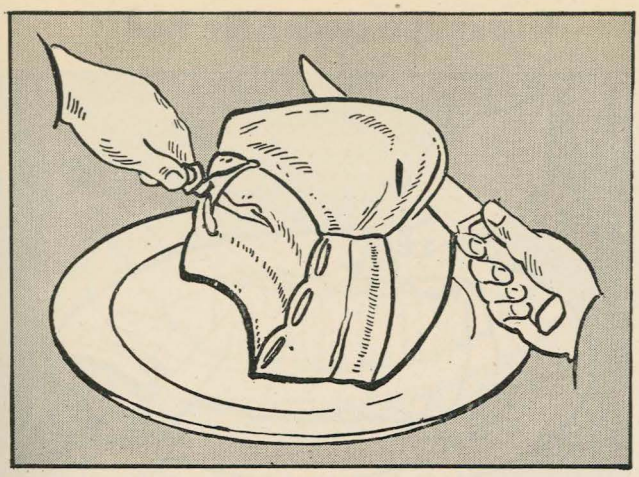
Repeat the same motion, passing the blade over the steel. Alternating from side to side, a dozen strokes will true the edge.

Be sure to take proper care of knives.

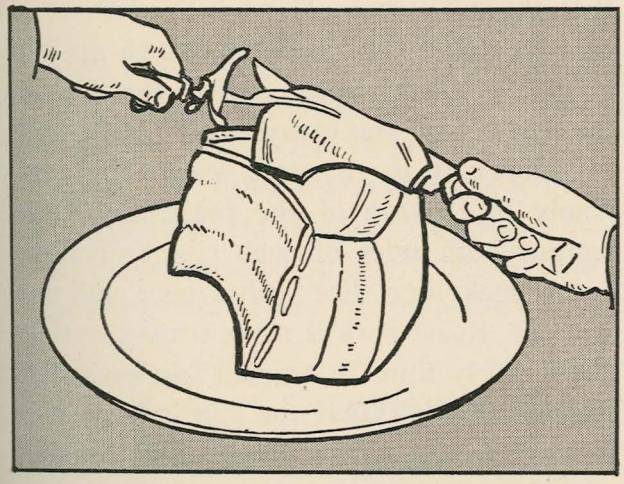
Carving a Standing Rib Roast



1. This cut is roasted with the short ribs and backbone already removed, making the carving easier as only the rib bones remain. Arrange the roast with the small cut surface up and the rib side to your left. Insert the fork firmly between the two top ribs.

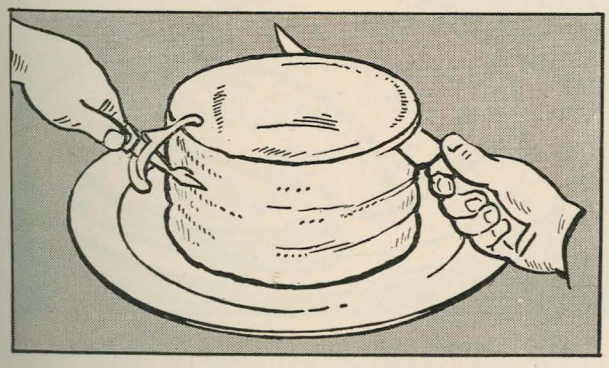


2. From the far outside edge slice across the grain toward the ribs. Make the slices an eighth to three-eighths of an inch thick. Release each slice by cutting close along the rib with the knife tip.

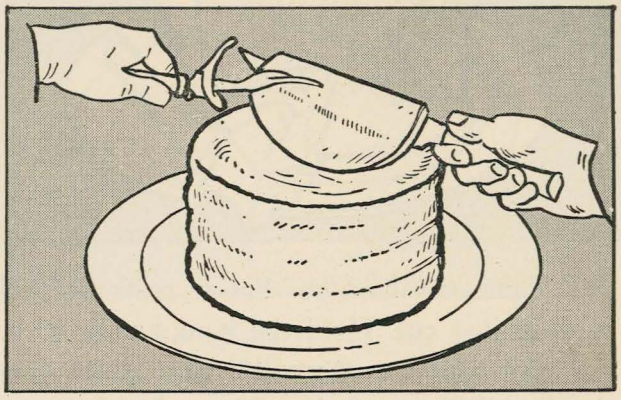


3. After each cut, remove the slice with the blade of the knife and the fork.

Carving a Rolled Rib Roast



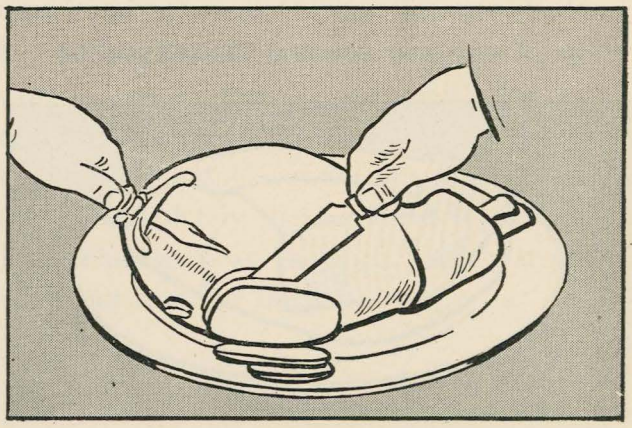
1. Arrange the roast with the larger cut surface down. Push the fork firmly into the roast on the top side an inch or two from the end where carving starts. Slice across the grain toward the fork from the roast's end.



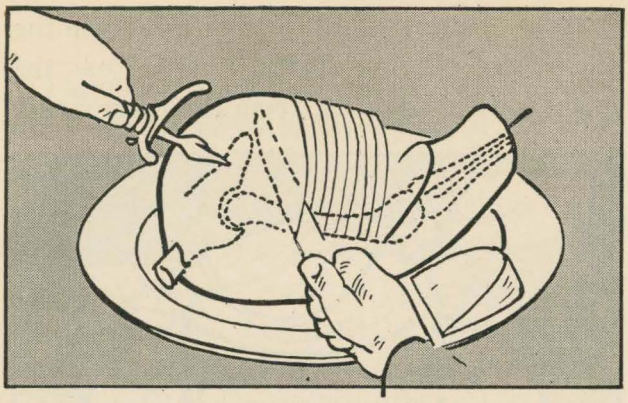
2. Uniform slices of an eighth to three-eighths of an inch thick make desirable servings. As each slice is carved, lift it with the blade of the knife. Remove each cord only as you come to it. Sever cord with the tip of the blade, loosen it and allow it to drop.

Carving a Baked Whole Ham

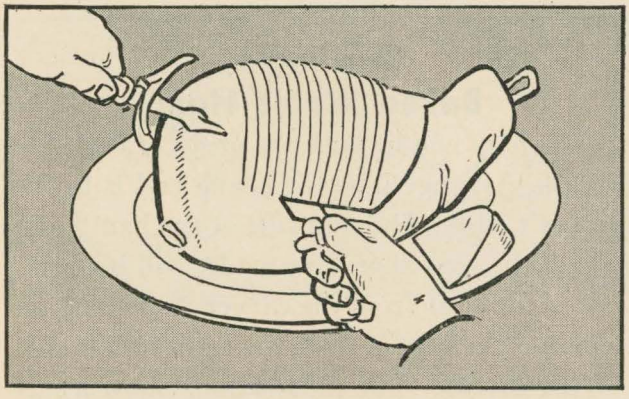
The ham will lie with fat or decorated side on top. Arrange it so the shank end is to the carver's *right*. The thin side of the ham from which the first slices are made, will be *nearest* or *farthest* from the carver depending on whether the ham is from the right or left side of the carcass. The illustrations show a left ham with the first slices cut on the side *nearest* the carver.



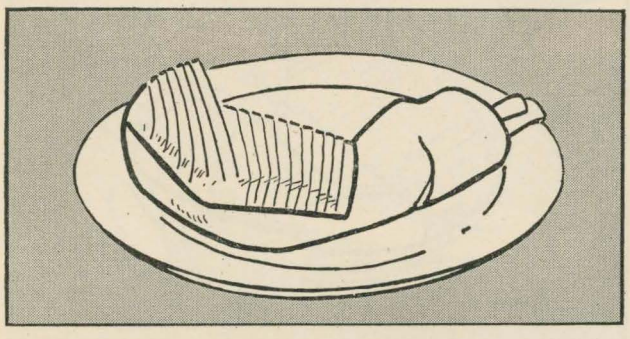
1. Insert the fork and carve a number of slices parallel to the length of the ham on the side nearest you.



2. Turn the ham so that it rests on the surface just cut. Hold the ham firmly with the fork and cut a small wedge from the shank end. By removing this wedge the succeeding slices are easier to cut and to release from the bone. Keep the fork in place to steady the ham and cut thin slices down to the leg bone. The diagram above shows the position of the bones in an average ham.

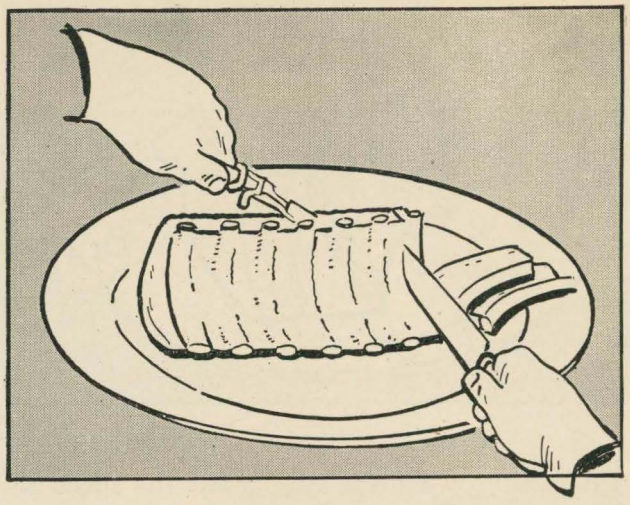


3. Release slices by cutting along bone at right angles to slices. By following this method you will quickly learn to get ham slices of uniform size and thickness.



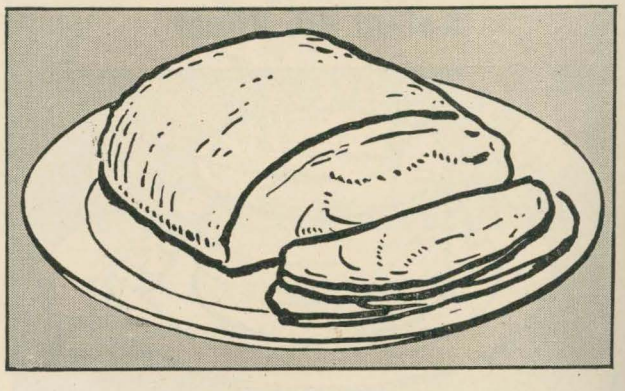
4. For more servings turn the ham back to its original position and slice at right angles to the bone.

Carving a Pork Loin Roast



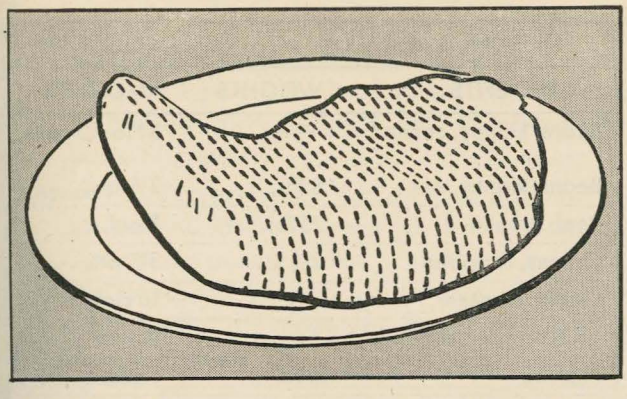
This is a very simple roast to carve as the backbone will already have been removed before the cut is cooked. Arrange the roast so that the rib side faces you. This makes it easy to follow the rib bones, which are the guides for slicing. Make sure of the slant of the ribs before you carve as all ribs are not perpendicular to the pan. Insert the fork firmly in the top of the roast. Cut close against both sides of each rib. You alternately make one slice with a bone and one without. Roast pork is more tempting when sliced fairly thin. In a small loin each slice may contain a rib; if the loin is large it is possible to cut two boneless slices between ribs. Two slices per person are usually served.

Carving a Cushion Lamb Shoulder



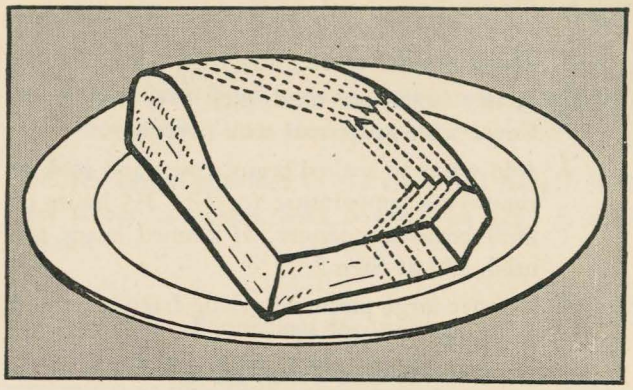
Boneless and easy to carve. Cut slices about three-eighths of an inch thick through the meat and dressing.

Carving a Beef Tongue



Slice off excess tissue and cartilage from the large end of the tongue. Continue making thin, even and parallel slices. This gives lengthwise slices from the small end of the tongue.

Carving a Beef Brisket



Place on the platter with the round side away from you. Trim off excess fat. Make slices in rotation from three sides. Slices should be thin and at a slight angle. Carving in this way makes all cuts across the grain.

General Tips to the Carver

Bones in the meat cut get in your way if you don't know where to expect them. Investigate before you start to carve to see where the bones are. Constant practice will give you an accurate idea of where these bones lie.

An important rule of carving is: *Cut across the grain.* If you cut *with* the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception. Carving requires a sharp knife. A little practice will develop expert handling of the knife. Avoid changing the angle of the blade while making a slice; neat, uniform slices look better and go farther.

CURING AND SALTING MEATS

If, at sea, you have complete refrigerator breakdown, you can partially save your fresh frozen meats by curing them or salting them. To cure frozen meats, clean out as many G. I. cans as you need and use them as curing vats. Mix a brine solution (called pickle) by filling a can with fresh water and adding salt to the water until the water will no longer dissolve the salt. Then put meat and brine into the G. I. cans at a ratio of 100 pounds of meat to 5½ gallons of brine. Every ten days transfer meat into another can and add new brine. (This is called overhauling).

NOTE: ***A G.I. can is galvanized so you may find iron rust on the meat. Scrape or trim rust areas before using.***

Dry Salting Meats—to preserve meats by dry salting, rub surface of meat with fine salt and then stack meat in piles with salt banked tight all around. Cover the pile of meat with salt so completely that no meat is showing. Before using meat—soak in fresh water to wash out some of the salt.

WHAT TO DO WITH LEFTOVER MEAT

Meat is easy to use a second time. Slice leftover roasts thin and serve cold or use in sandwiches for night lunches. Cooked beef, veal, lamb, pork and ham may be used in stew, croquettes, sauces, etc. Season well. Make full use of leftover meats always.

No. 50 BEEF CHILI CON CARNE

FIRST . . .

1. Thaw ground meat.
2. If dry beans are used, pick over and wash. Cover with water and soak overnight.
3. Add water to soaked beans, cover and cook at simmering temperature for 3 to 3½ hours or until beans are tender. If canned beans are used, add at Step 7.
4. Remove large pieces of gristle from meat and add to stock pot.
5. Chop onions fine. Crush garlic.

THEN . . . 1½ hours before serving:

6. Brown meat in pan on top of range. Pour off approximately 1 cup of fat and saute the onions and garlic in this fat until well browned. Then add onions and garlic to meat.
7. Add beans and remaining ingredients to meat in pan.

NOTE: ***If preferred, beans may be kept separate and mixed with chili when served.***

8. Cook at a simmering temperature for approximately 1 hour. Add liquid if needed.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, kidney, canned	—	3 No. 10 cans
or		
Beans, kidney, dry	8 lbs.	3⅓ qts.
Beef, ground	25 lbs.	3 gal.
Onions, chopped	2½ lbs.	3¾ pts.
Garlic, crushed	—	10 cloves
Chili powder, ground	2 oz.	½ cup
Paprika	4 oz.	1 cup
Salt	6 oz.	½ cup
Tomato paste	1½ lbs.	4 6-oz. cans
Tomatoes, crushed	6 lbs. 6 oz.	1 No. 10 can
Cayenne pepper	—	½ tsp.
Bay leaf	—	4 leaves
Meat stock	—	½ gal. (if needed)

9. Serve very hot in bowls or over cooked rice.

Suggestions for Leftovers

Reheat and offer for service again.

No. 51 BROWN BEEF STEW

FIRST . . .

1. Thaw meat.
2. Cut meat into 1" cubes. This will yield approximately 25 pieces to 1 pound.
3. Assemble vegetables. Cube carrots and potatoes. Quarter onions. Dice celery.

THEN . . . 4½ hours before serving:

4. Mix flour, salt and pepper. Dredge meat in seasoned flour.
5. Cook meat in fat until well browned, stirring constantly.
6. Add 5½ gallons of water. Cover. Let simmer 2½ to 3 hours. Remove excess fat.
7. Add onions, carrots, potatoes, celery. Let simmer 40-45 minutes longer. Season if desired.
8. Heat canned peas separately.
9. Serve equal proportions of meat and vegetables. Garnish with peas.

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, boneless, (trimmed plate neck, top rib cover, heel of round) in 1" cubes	33 lbs.	—
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Flour, sifted	1½ lbs.	1½ qts.
Fat	1½ lbs.	3 cups
Water	—	5½ gals.
Onions, small quartered	8 lbs.	1½ gals.
Carrots, sliced or cubed	8 lbs.	1½ gals.
Potatoes or turnips,cubed	8 lbs.	1½ gals.
Celery (optional)	4 lbs.	4 qts.
Peas, canned (optional)	4½ lbs.	1 No. 10 can
Additional salt and pepper if desired	—	—

VARIATIONS (100 servings)

Irish Stew . . . Prepare recipe for stew but do not brown meat before simmering. Add any of the following combinations of vegetables: turnips and celery; lima beans and turnips; onions, apples and celery; okra, tomatoes and celery; carrots, onions, and string beans. Total weight of vegetables should be approximately 33 pounds.

[*Con't. next page*]

Spanish Stew . . . Prepare recipe for stew. Add: 1 No. 10 can tomatoes, 8 pounds chopped onions, 5 pounds chopped green peppers (if available) 2 pounds diced and cooked bacon to meat stock. Cook until meat is tender. Drain. Use meat stock to prepare gravy. Add ½ pint Worcestershire sauce to gravy.

Ragout . . . Prepare recipe for stew, substituting tomatoes and chopped green peppers for carrots, turnips and peas. Paprika, Worcestershire sauce, bay leaves and parsley may be used for seasoning. Weight of vegetables should be approximately 33 pounds.

Meat Pie with Cover . . . (biscuit, pie crust or potato) . . . Prepare recipe for stew, reducing cooking time to two hours. Place stew in baking pans. Cover with biscuit crust using 8 pounds flour; pie crust using 8 pounds flour; or mashed potatoes using 40 pounds A.P. potatoes.

NOTE: ***Leave openings in pie crust and biscuit crust for steam to escape. Bake in hot oven 425° F. until brown.***

Suggestions for Leftovers

Use in one of the above variations.

No. 52 BEEF GOULASH

FIRST . . .

1. Thaw meat.
2. Trim and cut meat into 1 inch cubes.
3. Chop onions and mince garlic.

THEN . . . 4 hours before serving:

4. In pan on top of range saute onions in fat until clear.
5. Dredge meat in flour.
6. Brown floured meat in the fat-onion mixture.

NOTE: ***Don't let onions burn.***

7. Add garlic, salt and paprika to meat.
8. Add canned tomatoes. Cover pan tightly.
9. Let simmer about 3 hours or until beef is tender. Add more liquid if needed.

NOTE: ***Remove excess fat.***

10. Serve goulash with cooked rice or noodles.

PORTION: 3¾ oz. meat; 7 oz. total
SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS
Beef, plate or other beef trimmings, boneless 1" cubes	40 lbs.	—
Flour, sifted	1 lb.	4 cups
Onions, chopped	4 lbs.	3 qts.
Beef or bacon fat	1½ lbs.	3 cups
Garlic, minced	—	3 cloves
Salt	4 oz.	½ cup
Paprika	1 oz.	3¾ Tbsp.
Tomatoes	12 lbs., 12 oz.	2 No. 10 cans (6½ qts.)

Suggestions for Leftovers

Meat may be removed from sauce and used in Stuffed Peppers, Southern Beef Hash or Meat Croquettes

No. 53 CORNED BEEF HASH

FIRST . . .

1. Dice cooked corned beef, trimming excess fat. Chop onions, dice potatoes.

THEN . . . 1½ hours before serving:

2. Mix diced meat, potatoes, onions, salt pepper and stock.
3. Melt fat in baking pans. Add hash, spread evenly in pan and bake in slow oven (325° F.) about 1 hour. If hash browns too quickly, cover with greased paper.
4. Cut hash into squares for serving. Use cake turner to serve hash hot, brown side up.

Suggestions for Leftovers

If this is second use of corned beef, discard leftovers. If this is not second use, use in filling for Stuffed Peppers or Croquettes.

PORTION: 1 cup SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS
Corned beef, cooked, diced ⅜"*	23 lbs.	2¾ gals.
Potatoes, cooked, diced ⅜"	20 lbs.	2¾ gals.
Onions, minced	5 lbs.	3¾ qts.
Pepper	¼ oz.	¾ Tbsp.
Stock	—	1 gal.
Fat, melted	1 lb.	2 cups

*Leftovers from simmered corned beef or canned corn beef may be used.

No. 54 BRAISED OR POT ROAST OF BEEF

FIRST . . .

1. Thaw beef. Cut into 6 to 8 pound pieces. Wipe with clean damp cloth and place meat in pan.

NOTE: *Do not wash meat with running water.*

THEN . . . 4 hours before serving:

2. Add melted fat to pan and brown meat on all sides. Keep turning all pieces from side to side.
3. Add hot beef stock (or water) and onions to pan. Sprinkle with salt and pepper.

NOTE: *If water is used, it should be drawn from cold water faucet.*

4. Place in slow oven (300-325° F.) and cover. Continue to simmer for about 3 hours.

NOTE: *Watch oven temperature. Do not allow liquid to boil.*

5. Turn meat occasionally while cooking and add water so that there is always at least one inch of water in bottom of pan.
6. When meat is cooked, remove from pan. Allow to stand in fresh pan on cool edge of range while gravy is being made from the dripping.
7. Slice across grain in ⅛ inch slices, as ordered.

VARIATIONS (100 servings)

Beef a la Mode . . . Add 3 lbs. (¾ gallons) diced carrots and 1 No. 10 can (¾ qts.) crushed tomatoes to pot roast 30 to 45 minutes before the meat is done. (Step 4.) Serve the vegetables in the gravy as a sauce over the sliced meat.

PORTION 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Brisket, eye or bottom chuck, clod of boneless beef, cut in 8 to 10 lb. pieces, trimmed	42 lbs.	—
Fat, melted	8 oz.	1 cup
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Beef stock or water	—	1 qt.
Onions, sliced or chopped	4 lbs.	3 qts.

Braised Beef with Vegetables . . . Add 3 lbs. carrots, 3 lbs. turnips and 3 lbs. celery, all diced in ½ inch cubes to pot roast, about 40 minutes before roast is done. (Step 4.) Serve the gravy as a sauce.

Beef Pot Roast, Spiced . . . Use 1 qt. vinegar (in place of one-half water), 1 oz. cloves and 8 bay leaves. Add vinegar to liquid before braising. (Step 3.) Tie spices in cheese-cloth bags. When meat is tender, remove spice bag and use liquid for making gravy.

Beef Pot Roast, Yankee Style . . . Add 6 lbs. diced carrots, 3 oz. parsley (optional), 8 bay leaves, 1 tsp. thyme and 1 No. 10 can tomatoes to pot roast at step 3. Garlic optional.

Suggestions for Leftovers

Cold Sliced Meat; Meat Salad; Diced Beef in Brown Sauce.

No. 55 DICED BEEF IN BROWN SAUCE

FIRST . . .

1. Cooked meat should be trimmed and diced. Remove excess fat and fiber.
2. Peel and chop onions.

THEN . . . 1 hour before serving:

3. Saute onions in melted fat until onions are clear.
4. Add flour, stir until blended thoroughly. Cook until flour is brown. Stir constantly.
5. Heat stock to boiling temperature and add gradually to flour mixture, stirring constantly. Cook until mixture boils vigorously. Remove from heat.
6. Add diced beef, salt and pepper. Reheat.
7. Serve over cooked rice or toast.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, cooked, diced*	23 lbs.	2¾ gals.
Onions, chopped	2½ lbs.	1¾ qts.
Bacon fat, melted	2 lbs.	1 qt.
Flour, sifted	1½ lbs.	1½ qts.
Meat stock, hot	—	3 gals.
Salt	2 oz.	4 Tbsp.
Pepper	¼ oz.	¾ Tbsp.

*Roast, pot roast or steak. Lamb or veal may be used alone or in combination.

No. 56 BRAISED BEEF STEAK

FIRST . . .

1. Thaw meat, trim and wipe with clean, damp towel.
2. Cut meat across the grain into 7 ounce steaks, approximately 4" x 5" and ¾" to 1" thick.

THEN . . . 3½ hours before serving:

3. Sift flour, salt and pepper into large flat pan. Dredge steaks on all sides with seasoned flour.
4. Heat melted fat in shallow cooking pan and brown steaks on both sides.
5. Place steaks in even rows in roasting pan and add water to depth of 1 inch. Cover. Cook in slow oven (325° F.) about two hours or until steaks are tender. Remove excess fat from top.

NOTE: *If cooked so that liquid boils, meat may toughen.*

6. Serve steaks carefully with a large serving spoon.

NOTE: *During serving period, keep steaks covered with pan liquid to prevent their turning dark.*

PORTION: 7 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, trimmed, boneless, bottom or top round, tip of boneless butt	44 lbs.	——
Flour, sifted	2 lbs.	2 qts.
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Fat, melted	2 lbs.	1 qt.
Water		For pan

VARIATIONS (100 servings)

Country Fried Steaks . . . Prepare steaks the same as braised steaks and serve with cream pan gravy.

Beef Steaks Smothered with Onions . . . Brown beef steaks. Cover with 25 pounds (4¾ gals.) of partly cooked onions instead of water. Cover. Cook slowly until steaks are tender.

Suggestions for Leftovers

Meat Pie with Cover; Diced Beef in Brown Sauce; Beef Chili con Carne.

No. 57 HAMBURGER STEAK

FIRST . . .

1. Thaw meat. If already ground remove gristle. Ground veal may be added.
2. If not already ground, cut meat into two inch cubes; grind, using coarse plate. Use 25 per cent of fat to lean.

THEN . . . ½ hour before serving:

3. Mix lightly, but thoroughly, the ground beef, salt, pepper, onions and cold water.
4. Shape into 3 ounce patties, ½ inch thick. Handle lightly. Dip hands into cold water to prevent meat sticking to hands.
5. Griddle broil about 10 minutes or until desired degree of doneness. Turn to insure even cooking. Serve immediately.

NOTE: *Do not start broiling more than 10 minutes before first and second serving period. Cook to order for all late comers.*

VARIATIONS (100 servings)

Cheeseburger . . . Prepare hamburger steak recipe. When the pattie has browned on one side and has been turned (Step 5), place slice of cheese on top of each pattie. The cheese will melt as the hamburger cooks on the other side. Use 7 pounds American Brick Cheese thinly sliced (⅛ inch). Serve pattie at once on split rolls.

Hamburger with Barbecue or Tomato Sauce . . . Serve hamburgers with barbecue sauce or tomato sauce.

PORTION: 2 patties		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, ground or boneless	38 lbs.	——
Salt	6 oz.	¾ cup
Pepper	½ oz.	1¾ Tbsp.
Onions, chopped fine*	5 lbs.	——
Water or milk		2½ qts.
*Optional		

Suggestions for Leftovers

Since hamburgers should be cooked to order, there will be no leftovers.

No. 58 MEAT BALLS

FIRST . . .

1. Thaw ground meat, remove gristle.
2. Trim and discard crusts of bread. Soak bread in water. Press out and discard water.
3. Chop the onions very fine.

THEN . . . 1½ hours before serving:

4. Saute onions in melted fat until light brown.
5. Mix bread, ground meat, eggs, onions, salt, pepper and beef stock lightly but thoroughly.

NOTE: *Look for large pieces of bread that might need more mixing.*

6. Form into 4-ounce meat balls. Dip hands into cold water to prevent meat from sticking to hands.
7. Place in roasting pan. Bake in hot oven until browned on all sides.
8. When meat balls are browned, add small amount of stock or water. Cover pan tightly. Braise in slow oven (300° F.) for about 30 minutes.
9. Serve with gravy. (Liquid from meat balls may be used.)

VARIATIONS (100 servings)

Swedish Meat Balls . . . A part of beef may be replaced with ground veal or fresh pork.

PORTION: 2 4-oz. meat balls		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bread, dry, broken	6 lbs.	3 gals.
Water	——	as needed
Beef, ground*	31 lbs.	3¾ gals.
Eggs, whole	1 lb.	10 (1 pt.)
Onions, chopped fine	3 lbs.	2¼ qts.
Fat, melted	4 oz.	½ cup
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Beef stock**	——	1 qt.

*Meat Balls will be improved by the addition of lean ground veal or beef up to one-third of total weight.
** Recipe No. 6.

CAUTION! *If pork is used, meat balls must be well done.*

Meat Balls with Rice . . . Substitute 3 pounds (1½ qts.) raw, washed rice for dry bread. Add additional stock to roasting pan during cooking, as needed.

Meat Balls with Spaghetti . . . See Spaghetti Recipe.

Suggestions for Leftovers

Meat Sauce for Spaghetti; Beef Chili Con Carne.

No. 59 SWISS STEAK

FIRST . . .

1. Thaw meat.
2. Cut meat across grain into 7 ounce steaks, ¾ to 1 inch thick. Flatten.

THEN . . . 3 hours before serving:

3. Sift flour, salt and pepper into large flat pan. Dredge steaks on all sides with seasoned flour.
4. Heat fat in shallow cooking pan and brown steaks on both sides. Place in one layer in a roasting pan.
5. Cover with tomatoes and onion slices. Sprinkle with salt.
6. Cover pans. Cook in slow oven (325° F.) about 2 hours, or until steaks are tender.

NOTE: *Do not allow liquid to boil or meat will toughen.*

7. Serve steaks with a large serving spoon, pouring a spoonful of pan liquid over steak.

PORTION: 7 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, boneless, bottom or top round, trimmed or flank end of boneless butt	44 lbs.	——
Flour	2 lbs.	2 qts.
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Fat, melted	2 lbs.	1 qt.
Tomatoes, canned	——	3 No. 10 cans
Onions, peeled, sliced	4 lbs.	4 qts.
Salt	1 oz.	2 Tbsp.

NOTE: *During meal, keep remaining steaks covered with pan liquid to prevent steaks from turning dark.*

Suggestions for Leftovers

Beef a la King; Beef and Biscuit Roll.

No. 60 MEAT LOAF

FIRST . . .

1. Thaw ground meat, remove gristle.
2. Assemble finely chopped onions, celery and garlic. Crumble bread.

THEN . . . 2 hours before serving:

3. Saute onions, celery and garlic until light brown. Drain off excess fat.
4. Combine ground meat, seasonings, onions, celery and garlic. Add bread crumbs, slightly beaten eggs and stock. Mix well.
5. Shape into loaves weighing about seven pounds each.
6. Bake uncovered at (325° F.) for about 1½ hours or until loaf is firm to the touch.
7. Allow the loaves to cool about 15 minutes before slicing into ½" slices. Use cake turner to serve on plates.

NOTE: ***Slicing while too hot may cause the loaf to crumble.***

PORTION: 5½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, ground	31 lbs.	3¾ gals.
Onions, finely chopped	3 lbs.	2¼ qts.
Celery	3½ lbs.	3½ qts.
Fat, melted	4 oz.	——
Bread crumbs, soft	3½ lbs.	4 qts.
Salt	6 oz.	¾ cup
Pepper	½ oz.	——
Eggs, slightly beaten	2 lbs.	20-22 eggs
Stock, milk, or tomato puree	——	3½ qts.
Garlic (optional)	——	4 cloves
Thyme (optional)	——	——

Suggestions for Leftovers

Use as Cold Sliced Meats or Stuffed Peppers.

No. 61 MEAT SAUCE FOR SPAGHETTI

FIRST . . .

1. Thaw ground beef. Dice celery, mince onions and chop parsley.

THEN . . . 3 hours before serving:

2. In one-half of melted fat, slowly saute onions, celery and crushed garlic until thoroughly browned.
3. In remaining melted fat, cook beef until browned.
4. Combine onion mixture with meat and place in steam-jacketed kettle or large pot.
5. Stir in parsley, salt and pepper. Then add tomatoes, tomato paste and beef stock. Mix ingredients thoroughly.
6. Let simmer about 2 hours, stirring occasionally.
7. Serve sauce separately over hot cooked spaghetti or, combine sauce with hot cooked spaghetti and allow mixture to simmer 15 minutes before serving.

PORTION: 4 oz. per person		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bacon drippings	2½ oz.	⅓ cup
Onions, minced	1¼ lbs.	3¾ cups
Celery, diced	¾ lb.	3 cups
Beef, coarsely ground	12½ lbs.	1½ gals.
Garlic, mashed	——	3 cloves
Parsley, chopped	——	½ cup
Salt	4 oz.	½ cup
Pepper	——	2¼ Tbsp.
Tomatoes, canned	16 lbs.	2½ No. 10 cans 2 gals.
Tomato paste	——	2 qts.
Beef stock	——	1¼ qts.

Suggestions for Leftovers

Remove meat from sauce and use in Meat Loaf or Croquettes. Sauce may be used with the addition of chopped onions or peppers.

No. 62 SIMMERED CORNED BEEF

FIRST . . .

1. Trim and wipe meat with damp towel. Cut in 5 to 7 pound pieces.
2. If meat is very salty, wash in cold water and soak for a few hours. Discard water.

THEN . . . 7 hours before serving:

3. Place pieces of meat in low flat kettle without stacking or overlapping. Cover with cold water.
4. Let simmer 4 to 6 hours or until meat is tender.

NOTE: *Simmer only. Boiling will toughen meat and cause outer surface to shed.*

5. As excess fat comes to top, skim water.
6. After 3½ to 4 hours cooking, test smallest pieces for tenderness. Remove each piece as soon as it is tender to prevent overcooking.
7. Until time for pieces to be carved, keep them submerged in the hot cooking liquid.
8. Carve across the grain in ⅛" slices. Serve slices on cooked cabbage or other vegetable.

NOTE: *Fat edge on slices should not be more than ¼" wide.*

PORTION: 4 to 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, corned, boneless, trimmed	42 lbs.	—
Water, cold	—	To cover

VARIATIONS (100 servings)

Corned Beef and Cabbage . . . Prepare corned beef as in recipe for simmered corned beef. Drain. Add 25 pounds quartered cabbage to corned beef liquid. Heat to boiling point. Reduce heat and simmer, uncovered, about 10 to 20 minutes or until tender.

NOTE: *Do not overcook cabbage.*

New England Dinner (Corned Beef or Ham) . . . Use 42 pounds of boneless, trimmed corned beef or ham. Prepare as in recipe for simmered meat or corned beef. Add potatoes, whole or quartered carrots and onions when meat is nearly tender. Add quartered cabbage. Cook uncovered until tender.

Suggestions for Leftovers

Corned Beef Hash with Poached Eggs or Spanish Sauce; Corned Beef Omelet; Corned Beef Croquettes.

No. 63 SIRLOIN STEAK

FIRST . . .

1. Defrost meat and wipe with damp cloth.
2. Bone, trim and cut steak meat into ½" steaks, 5" x 3", averaging 7 ozs. each.
3. Score edges to prevent steaks curling while cooking.

THEN . . . 5 minutes before serving time: Prepare enough to serve 10 men at first sitting. Cook to order after first 5 minutes of each sitting.

4. Heat griddle and test for readiness. If drop of water sizzles and evaporates quickly, griddle is ready.
5. Dip steaks in oil and place on ungreased griddle.
6. Brown, then turn over and sprinkle each side with salt and pepper mixture immediately after browning.
7. Keep turning steaks over in same order as they were placed on griddle to insure even cooking. Turn with tongs rather than fork and do not pierce. Turn steaks toward back of range as protection against burns. Use moderate heat to make steak juicier and prevent over-browning.

PORTION: 7 oz.			SERVINGS: 100
INGREDIENTS		WEIGHTS	AMOUNTS
Beef, trimmed, boneless (sirloin strip) or thick end of boneless butt or boneless rib, trimmed		44 lbs.	—
Salad oil		1 lb.	2 cups
Salt	mixed together	1 oz.	2 Tbsp.
Pepper	thoroughly	⅛ oz.	1½ tsp.

8. After each batch of steaks is finished, remove surplus fat and drippings.

NOTE: *Do not press steak during cooking.*

9. Time for griddle-broiling will be governed by thickness of meat. When bubbles of red juice appear on surface, steaks are medium done.
10. Remove to hot pan and serve at once.

NOTE: *Use tongs for serving.*

Suggestions for Leftovers

As the steaks should be cooked to order, there will be no leftovers.

No. 64 SOUTHERN BEEF HASH

FIRST . . .

1. Trim excess fat and dice cooked meat.
2. Chop onions, dice potatoes.

THEN . . . 1½ hours before serving:

3. Combine diced meat, potatoes, onions, salt, pepper and stock. Mix well.
4. Melt fat in baking pans. Add hash. Spread evenly in pan and bake in slow oven (325° F.) about 1 hour. If hash browns too quickly, cover with greased paper.
5. Use cake turner for serving hash hot, brown side up.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, boneless, cooked, diced*	23 lbs.	2¾ gals.
Potatoes, cooked, diced	20 lbs.	2¾ gals.
Onions, chopped	5 lbs.	3¾ qts.
Salt	4 oz.	½ cup
Pepper	¼ oz.	¾ Tbsp.
Beef stock	—	2 gals.
Bacon fat, melted	1½ lbs.	3 cups

*Leftovers from Pot Roast, Stew, etc. If meat is uncooked, add ⅓ more in weight to allow for shrinkage.

No. 65 CREAMED DRIED BEEF

FIRST . . .

1. Shred beef, discard tough white membranes. If very salty, blanch beef in boiling water.

THEN . . . ½ hour before serving:

2. Melt fat in a heavy-bottomed kettle large enough to hold entire mixture. Add the beef and saute gently about 3 minutes or until the edges curl.
3. Add pepper and sprinkle the flour over the beef. Stir well and cook slowly without browning for 5 minutes.
4. Combine and scald the milk and water.
5. Pour the milk into the beef mixture gradually, stirring rapidly, and cook until thick (about 10 min.) and smooth.

NOTE: *If heavy-bottomed kettle is not available, do steps 2 & 3 in top of double boiler over direct heat. Finish step 5 in double boiler over boiling water.*

6. Serve while hot over toast, muffins or corn bread.

NOTE: *If mixture thickens during meal period, thin to proper consistency by adding boiling water.*

Suggestions for Leftovers

Use in Omelets, Dried Beef Creamed with Potatoes or Dried Beef and Macaroni.

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, dried, sliced thin	7 lbs.	1¾ gals.
Milk, evaporated	22 14½-oz. cans	9 qts.
Water	—	2½ gals. (10 qts.)
Fat, melted	2 lbs.	1 qt.
Flour, sifted	2 lbs., 8 oz.	2½ qts. (5 cups)
Pepper, white	½ oz.	5½ tsp.

VARIATIONS (100 servings)

CREAMED HAM ON TOAST

INGREDIENTS	WEIGHTS	AMOUNTS
Ham, cooked, diced	15 lbs.	—
Milk, evaporated	19 14½-oz. cans	7¾ qts.
Water	—	8 qts.
Fat, melted	1 lb., 8 oz.	3 cups
Flour	2 lbs.	4 cups
Pepper, white	½ oz.	5½ tsp.

Prepare same as Creamed Dried Beef.

No. 66 STUFFED PEPPERS

FIRST . . .

1. Wash peppers and cut in half, lengthwise. Remove seeds, stem-end, tough white portions.
2. Cover with boiling salted water. Heat to boiling, drain off water.
3. Chop onions and meat.

THEN . . . 1 hour before serving:

4. Mix bread crumbs, onions, salt and pepper.
5. Add chopped meat. Moisten with meat stock. The amount needed to make mixture hold together will depend on dryness of bread. Fill each half of parboiled pepper with 2½ oz. of mixture. Sprinkle melted fat on mixture.
6. Place in baking pans. Add a little stock to bottom of pans to prevent burning. Bake in moderate oven (350° F.) for 20–30 minutes.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peppers, green, large	——	100
Salt	4 oz.	½ cup
Water, boiling	——	To cover
Bread crumbs or rice*	8 lbs.	2½ gals.
Onions, chopped	2½ lbs.	1¾ qts.
Salt	2 oz.	4 Tbsp.
Pepper	¼ oz.	¾ Tbsp.
Meat, cooked, chopped beef, lamb, pork, veal or ham	18 lbs.	2¼ gals.
Meat stock**	——	2 qts.
Melted fats	1 lb.	2 cups

*4 lbs. rice can substitute for bread crumbs. For cooking rice follow Recipe No. 207.
**Recipe No. 6

VARIATIONS (100 servings)

Stuffed Baked Tomatoes . . . Serve only if tomatoes must be used promptly. Scoop out center of tomatoes and fill with meat filling. (Center can be used in salads, sauces, soups.) Bake same as green peppers.

No. 67 DRIED BEEF SCALLOPED WITH POTATOES

FIRST . . .

1. Cut beef into paper thin slices.

NOTE: *Soak meat in warm water 15 to 20 minutes if too salty.*

2. Peel, eye and slice the potatoes into 1/16 to ⅛ inch slices.

THEN . . . 2 hours before serving:

3. Arrange alternate layers of potatoes, dried beef and onion mixture in baking pans, ending with potatoes.
4. Mix flour, salt and pepper together. Sprinkle over dried beef and onion mixture.
5. Mix dried beef and onions. Pour melted butter over beef and onion mixture.
6. Mix hot water and evaporated milk and pour over mixture in pans.
7. Place in moderate oven (375° F.) about 1 hour or until potatoes are soft and top layer is browned.
8. Serve hot.

PORTION. 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, dried, sliced	8 lbs.	——
Potatoes, E.P.	35 lbs.	——
Onion, chopped	2 lbs.	1½ qts.
Flour, sifted	12 oz.	3 cups
Salt	6 oz.	¾ cup
Pepper, white	¼ oz.	¾ Tbsp.
Fat, or butter melted	1 lb., 8 oz.	1½ pts.
Milk, evaporated	12 14½ oz. cans	5 qts.
Water, for milk, hot	——	1¼ gals. (5 qts.)

VARIATIONS (100 servings)

Ham, Pork, Veal or Beef Scalloped with Potatoes . . . Substitute 15 to 16 lbs. diced, cooked ham, pork, veal or beef for dried beef.

No. 68 MEAT SALAD: Beef, Lamb and Pork Salad

FIRST . . .

1. Trim and dice meat. Assemble and dice apples (do not peel red skinned apples), carrots and celery.
2. Combine apples, salt, mayonnaise (This prevents apples turning dark.)
3. Mix meat, vegetables, vinegar.

THEN . . . 1 hour before serving:

4. Combine all ingredients, chill.

NOTE: *Mixing all ingredients earlier than one hour before serving time will cause discoloration.*

5. Serve on lettuce.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Meat, cooked, diced	23 lbs.	2¾ gals.
Celery, diced	6 lbs.	6 qts.
Apples, E.P., diced	6 lbs.	6 qts.
Carrots, shredded	3 lbs.	2¼ cups
Peas, canned, drained	4 lbs., 8 oz.	2 qts. (1 No. 10 can)
Salt	2 oz.	4 Tbsp.
Mayonnaise	6 lbs.	3 qts.
Vinegar	1 lb.	1 pt.

No. 69 ROAST OF BEEF

FIRST . . .

1. Thaw beef and cut into uniform roasts of about 8 lbs. if round is used.

THEN . . . 4 hours before serving:

2. Rub roasts with salt and pepper (optional). Place roasts, fat side up, on rack in roasting pan. Do not stack or crowd.
3. Roast at a constant temperature of 325° F. for approximately 3 hours or until roasts are the desired degree of doneness. When meat is cooked at low temperature it is tender, although the tenderness may decrease as doneness increases. The color of juice varies with the degree of doneness.

NOTE: *Do not add water. Oven thermometer should be used.*

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, boneless (rib) or	85 lbs.	——
Boneless knuckle	Fabricated 42 lbs.	——
Salt	8 oz.	1 cup
Pepper	1 oz.	3⅔ Tbsp.

4. Before carving rib and knuckle roast, allow to stand 30 minutes after roasting. Carve across the grain in ¼ inch slices.

Suggestions for Leftovers

Cold Sliced Meats; Meat Salad; Southern Hash.

No. 70 SIMMERED BEEF

FIRST . . .

1. Thaw meat. Trim and wipe with damp towel. Cut into 5 to 7 pound pieces.
2. Peel onions.

THEN . . . 5 hours before serving:

3. Place in low, flat pot to avoid over crowding. Add boiling water to cover meat.
4. Add salt, pepper, onions and bay leaves.
5. Cover tightly and heat to boiling. Reduce heat and simmer about 3 to 4 hours or until meat is tender. Fast cooking or boiling will toughen meat and cause outer surface to become shreddy.
6. Remove excess fat which accumulates on surface of water. Conserve for later use.
7. Remove meat and allow to cool about 30 minutes before carving. (Cut across grain.)

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beef, boneless (brisket or chuck), trimmed	42 lbs.	——
Water, boiling	——	——
Salt	8 oz.	1 cup
Pepper	1 oz.	3⅔ tsp.
Onions, peeled, whole	1 lb.	4 (med. size)
Bay leaves	——	8

NOTE: *Save broth. Potatoes may be cooked in this broth or it may be used for gravies or soups.*

Suggestions for Leftovers

Diced Beef in Brown Sauce; Beef Chop Suey; Beef Curry.

No. 71 BREADED PORK CHOP

FIRST . . .

1. Thaw meat, wipe with damp towel.
2. The loins of pork should have the tenderloin strip and chine bone removed. Trim off excess fat (to ¼" covering). Cut into chops about one-half inch thick, weighing 3 ounces each. The tenderloin should be prepared the same as chops.

THEN . . . 1½ to 2 hours before serving:

3. Sprinkle chops with salt and pepper. Dredge with flour.
4. Combine milk, water and slightly beaten eggs. Mix well. Dip chops into egg mixture and then into bread crumbs.
5. Stack on end in trays to prevent crust becoming soggy.
6. Brown in hot deep fat (at 350° F.) about 7 to 10 minutes. Drain. Place chops on end in baking pan and bake in slow oven (325° F.) for 30 to 45 minutes.

CAUTION: ***Be sure pork is cooked to well done stage.***

7. Serve with tomato sauce or brown gravy.

NOTE: ***While keeping hot during meal period, lay chops on bread ends or absorbent paper to keep crust crisp and avoid greasiness.***

PORTION: Two 3-oz. chops		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork, bone-in (loins)	55-60 lbs.	——
Salt	8 oz.	1 cup
Pepper	½ oz.	5½ tsp.
Flour	2 lbs.	2 qts.
Milk	2⅓ cans	4 cups
Water (for evaporated milk)	——	4 cups
Eggs (slightly beaten)	2 lbs.	20 eggs (1 qt.)
Bread crumbs	2 lbs.	2½ qts.

VARIATIONS (100 servings)

Breaded Pork Steaks . . . Use 58 pounds of fresh ham or shoulder and follow recipe for breaded pork chops.

Suggestions for Leftovers

If breaded, but not cooked, wash off breading. If cooked, strip off breading and use in Pork Chop Suey, Pork Curry or Pork a la King.

No. 72 BRAISED PORK CHOP

FIRST . . .

1. Thaw meat. Wipe with damp towel.
2. The loins of pork should have the tenderloin strip and the chine bone removed. Trim off excess fat (to ¼ inch covering). The tenderloin should be prepared and served as chops.

THEN . . . 1½ to 2 hours before serving:

3. Brown evenly on both sides on greased, heated griddle or frying pans about 10 minutes. Sprinkle with salt and pepper mixture.
4. Stack in roasting pans in even rows, bone side down on end (or if boneless, on edge of meat). Add ½ inch stock or water in pan. Cover pans tightly.
5. Bake in slow oven (325° F.) 45 to 60 minutes or until tender and well-done.

NOTE: ***All fresh pork must be cooked to well-done stage.***

6. Gravy may be made from pan drippings.

VARIATIONS (100 servings)

Country Style Pork Chops . . . Braised chops may be served with Cream Gravy.

PORTION: Two 3-oz. chops		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork, bone-in (loins)	55-60 lbs.	——
Fat	2 cups	4 lbs.
Salt	8 oz.	1 cup
Pepper	¼ oz.	¾ Tbsp.
Meat stock* or water	——	2 qts. (approx.)

*Recipe No. 6.

Pork Chops with Barbecue or Creole Sauce . . . Barbecue Sauce or Creole Sauce may be used in place of water on browned meat for braising.

NOTE: ***Same recipe may be used in preparing braised pork steaks. For serving, use 58 lbs. of fresh ham or shoulder (bone-in) which will yield one 7-oz. steak per person.***

Suggestions for Leftovers

Baked Pork Hash or Pork Diced in Brown Sauce.

No. 73 FRIED PORK CHOP

FIRST . . .

1. Thaw meat, wipe with damp towel.
2. The loins of pork should have the tenderloin strip and chine bone removed. The tenderloin should be prepared the same as the chops.

THEN . . . Prepare only enough to serve men at first sitting. Cook to order after first five minutes of each sitting:

3. Dredge in mixture of flour, salt and pepper.
4. Heat griddle or frying pan with small amount of fat.
5. Place chops on griddle or in frying pan. Allow to brown quickly. Time for griddle or pan-frying will be governed by the thickness of the meat.
6. Allow to cook with moderate heat until chops are well done, turning them over two or three times.

PORTION: Two 3 oz. chops		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork, bone-in (loins)	55-60 lbs.	—
Fat	1 lb.	2 cups
Flour	2 lbs.	8 cups
Salt	8 oz.	1 cup
Pepper	½ oz.	5½ tsp.

NOTE: ***Pork must be cooked to well done stage. If fat smokes, the temperature is too hot for both the meat and fat.***

7. Drain and serve immediately.

VARIATIONS (100 servings)

Pork Steaks . . . The same recipe may be used for pork steaks. In serving pork steaks, use fresh ham or shoulder (58 lbs. bone-in). Will yield portions of 7 ozs. each. Sever edges of steaks to prevent curling while cooking.

No. 74 BAKED PORK SAUSAGE LINKS

FIRST . . .

1. Defrost.
2. Separate links.

THEN . . . ½ hour before serving:

3. Place sausage links on baking sheets, lay in even rows. Do not stack.
4. Prick each one in several places to prevent swelling.
5. Add just enough water to cover bottom of pan.
6. Cover pan tightly and bake in slow oven (325° F.) 15 to 20 minutes.
7. Remove cover and bake until brown.
8. Turn sausage to insure even browning until thoroughly cooked.

NOTE: Be sure sausage is well done.

PORTION: 4 links*		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork sausage links (12 to 1 pound)	33 lbs.	—
(16 to 1 pound)	25 lbs.	—

*If served for breakfast, a serving of two links is preferable.

VARIATIONS (100 servings)

Griddle-Broiled Sausage Links . . . Heat gridle, place pricked sausage links in even rows on griddle. Turn to allow even browning. Cook 10 to 12 minutes, keeping temperature below smooking point of fat.

NOTE: ***Be sure sausage is well done.***

Suggestions for Leftovers

Use diced in Omelets; Scrambled Eggs or Pork Biscuit Roll.

No. 75 PORK CHOP SUEY

FIRST . . .

1. Halve and slice onions, cut celery in Julienne strips.
2. Cut meat into ½" or ¼" cubes or strips.

THEN . . . 1¾ to 2 hours before serving:

3. Cover meat with stock or water.
4. Add salt and pepper. Heat to boiling point. Then reduce heat and simmer for one hour.
5. Add celery and onions to meat. Continue cooking thirty minutes.
6. Make a smooth paste of cornstarch and cold water.
7. Drain liquid from meat and vegetables. Stir cornstarch paste into hot liquid. Heat to boiling point—boil 2 minutes, stirring constantly.
8. Add cooked meat and soy sauce. Cook slowly for additional 10 minutes until sauce becomes clear.
9. Serve hot on cooked rice or fried noodles.

PORTION: 6-7 oz. chop suey; 3 oz. rice SERVINGS: 100		
INGREDIENTS	WEIGHTS	AMOUNTS
Pork, boneless if uncooked if cooked	25 lbs. 15 lbs.	— —
Meat stock or water	—	2 gals. (8 qts.)
Salt	6 oz.	¾ cups
Pepper	¼ oz.	¾ Tbsp.
Onions, sliced	8 lbs.	2 gals. (8 qts.)
Celery, julienne	8 lbs.	2 gals. (8 qts.)
Cornstarch	8 oz.	—
Soy Sauce	—	1 pt.

NOTE: *If sauce thickens during meal period, thin to original consistency with hot water.*

VARIATIONS (100 servings)

Beef Chicken or Veal Chop Suey . . . Use beef, chicken or veal in place of pork.

No. 76 SIMMERED SPARERIBS

FIRST . . .

1. Thaw spareribs.
2. Wipe, cut into pieces of four ribs each, weighing 5 to 6 oz. per piece.

THEN . . . 2½ hours before serving:

3. Cook ribs until brown in their own fat. Barely cover with boiling water.
4. Add salt, pepper, onions, bay leaf.
5. Cover tightly and heat to boiling point. Reduce heat and simmer about 1½ to 2 hours or until meat is tender.
6. Leave them in liquid in which they were cooked until serving time in order to keep them warm.

NOTE: *Serve with a spoon instead of a fork.*

VARIATIONS (100 servings)

Simmered Spareribs With Horseradish Sauce or Sauerkraut . . . Serve simmered spareribs with horseradish sauce or sauerkraut. Add four No. 10 cans of sauerkraut to meat in sufficient time for it to become thoroughly heated before meat is tender.

PORTION: Two 5-6 oz. pieces SERVINGS: 100		
INGREDIENTS	WEIGHTS	AMOUNTS
Spareribs	75 lbs.	—
Water, boiling	—	To cover
Salt	8 oz.	1 cup
Pepper	1 oz.	3½ Tbsp.
Onions, whole (optional)	1½ lbs.	1½ qts.
Bay leaf (optional)	—	8 leaves

Simmered Spareribs and Vegetables . . . About thirty minutes before meat is cooked, add 8 pounds sliced carrots, 8 pounds sliced onions, 8 pounds diced celery and 8 pounds diced turnips to meat.

Suggestions for Leftovers

Pork Croquettes; Pork and Veal Pot Pie; Pork Stuffed Peppers.

No. 77 BRAISED SPARERIBS

FIRST . . .

1. Thaw meat.
2. Wipe with damp towel. Cut spareribs into 4-rib pieces weighing 5 to 6 oz. each.

THEN . . . 2½ to 3 hours before serving:

3. Place spareribs in roasting pan, stacking as little as possible.
4. Bake uncovered in hot oven (400° F.) until browned.
5. Sprinkle with salt and pepper. Add just enough stock or water to cover bottom of pan.
6. Cover pan, transfer to slow oven (325° F.). Bake 1½ or 2 hours, until rib bone tends to slip from meat.
7. Serve hot.

CAUTION: ***Avoid breaking up spareribs when serving. Use spoon instead of fork.***

PORTION: Two 4-rib pieces		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Spareribs	75 lbs.	——
Salt	10 oz.	1¼ cups
Pepper	½ oz.	5½ tsp.
Meat stock* or water	——	To cover

*Recipe No. 6.

VARIATIONS (100 servings)

Braised Spareribs with Barbecue Sauce or Sauerkraut . . . Prepare spareribs as in recipe for braised spareribs. Braise in barbecue sauce instead of water or braise on top of sauerkraut in greased baking pans. Use 4 No. 10 cans of sauerkraut.

NOTE: ***Be sure to brown spareribs before combining with barbecue sauce or sauerkraut.***

Suggestions for Leftovers

Pork Croquettes or Loaf Baked.

No. 78 ROAST LOIN OF PORK

FIRST . . .

1. Defrost meat.
2. Cut out the tender loin strip and return to chill box, cut loin in half and trim off excess fat (to ¼ inch covering).
3. Loins of pork should have the chine bone removed if not completely boned. If completely boned, tie.

THEN . . . 3½ to 4 hours before serving:

4. Place fat side up in an open roasting pan. If boneless, use rack in pan if one is available. Do not overcrowd or stack one roast on top of another in the pans.
5. Rub with salt and pepper.
6. Cook in a 350° F. oven uncovered, without water for about 3 hours or until well done.
7. Add the onions the last hour.

NOTE: ***Pork must be well done. If meat is pink in center or near bone, it must be cooked longer.***

8. Remove the meat from the pan about 30 minutes before carving and serving.
9. Make gravy from pan drippings.
10. Place on carving board with rib bone pointing upward and facing carver (to guide in slicing). Carve across grain in medium slices (5/16 of inch). Serve one piece of rib and one of loin. If loin is boneless merely slice across grain.

PORTION: About 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pork loin	——	5½-6 loins
bone-in	68-72 lbs.	——
boneless	48-51 lbs.	——
Salt	8 oz.	——
Pepper	1 oz.	3½ Tbsp.
Onions, sliced	5 lbs.	5 qts.

NOTE: ***One loin should give 16-18 servings of about 5 oz. each.***

VARIATIONS (100 servings)

Roast Pork with Bread Dressing . . . Place slices of pork over dressing. The following may be served as accompaniments: apple sauce, stewed or baked apples, apple rings, cranberries or tart jelly.

Suggestions for Leftovers

Pork Chop Suey; Cold Sliced Meat; Meat Salad.

No. 79 BAKED FRESH HAM

PORTION: ⅛ inch slice		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fresh hams or shoulders, bone-in, or	60 lbs.	—
Fresh hams or shoulders, boneless	42 lbs.	—
Salt	8 oz.	1 cup
Pepper	1 oz.	3½ Tbsp.
Onions	4 lbs.	4 qts.

FIRST . . .

1. Thaw meat and then wipe with clean damp towel.
2. Bone hams or shoulders and tie for roasting.
3. Trim excess fat (to ¼ inch covering).

THEN . . . 3½ to 4 hours before serving:

4. Place roasts (8 to 10 pounds each) fat side up, in an open roasting pan, on wire racks if available.
5. Rub with salt and pepper.

NOTE: *Do not overcrowd or stack roasts on top of one another in the pan.*

6. Cook in a 350° F. oven, uncovered, without water for about three hours or until well done.

NOTE: *Ham must be well done. If meat is pink in center or near bone, it must be cooked longer.*

7. Add onions the last hour.
8. When done, remove the meat to another pan and allow about thirty minutes cooling time before carving for service.
9. Make gravy from pan drippings.
10. Carve meat across grain in medium slices, ⅛ inch thick.

VARIATION

See Roast Loin of Pork.

Suggestions for Leftovers

Sliced Cold Ham; Pork Chop Suey; Pork Pot Pie.

No. 80 HAM AND LIMA BEAN SCALLOP

PORTION: 7½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, lima, dried	14 lbs.	2 gal. (8¼ qts.)
Water	—	To cover
Ham, cooked, cubed ⅜"*	15 lbs.	7½ qts.
Onions, chopped	12 oz.	3 cups
Molasses	—	4 cups
Salt	2 oz.	¼ cup
Pepper	—	2 tsp.
Fat or drippings	1 lb.	2 cups

*Use ham butts, hocks (or shanks) or trimmings. Uncooked ham may be used instead of cooked ham. Cut ham into cubes and add to lima beans in Step 5 about 1½ hours before they are tender. Continue with Step 6 through remainder of recipe.

FIRST . . .

1. Pick over and wash lima beans. Add just enough water to cover and soak overnight.
2. Trim excess fat from ham. Cube.
3. Chop onions.

THEN . . . 3½ to 4 hours before serving:

4. Heat beans to boiling in same water in which they were soaked, adding more water to cover if necessary.
5. Reduce heat and simmer for about two hours or until almost tender, being careful that the skins are not broken.
6. Add cooked ham, onions, molasses, fat, salt and pepper. Mix well.
7. Place mixture in greased baking pan. Bake in slow oven (325° F.) 45 minutes to 1 hour.

NOTE: *During serving period, if beans should dry out, thin with hot water.*

No. 81 BAKED (ROAST) HAM

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Ham, smoked	50 lbs.	—
or		
Ham, boneless	35 lbs.	—

FIRST . . .

1. If ham is frozen, completely defrost before cooking.
2. Bone, cut and trim for roasting.

THEN . . . 4½ hours before serving:

3. Place cuts of hams in roasting pans on racks with fat side up. Fill pans without stacking or crowding.
4. Roast uncovered and without water at constant temperature in slow oven (300° F.) approximately 4 hours, or until tender.
5. Remove from oven. Allow to cool. Carve to order and serve.
6. Reserve drippings in pan for gravy.

NOTE: *Commercial or regular-cure smoked hams have a low salt content and may be baked or roasted without parboiling or soaking beforehand.*

VARIATIONS (100 servings)

Baked Ham with Barbecue Sauce . . . Serve baked ham with barbecue sauce or tomato sauce.

Baked Glazed Ham, Virginia Style . . . Remove the ham 30 minutes before it is done. Score fat surface, pack brown sugar evenly over fat side. For each ham, use 1 cup of brown sugar. Then insert whole cloves over entire top surface about ½ inch apart. Continue to bake as for baked ham.

Sauce Variations . . . Orange Sauce . . . Raisin Sauce.

Suggestions for Leftovers

Ham Scalloped with Apples; Jambalaya; Ham and Lima Beans; Cold Sliced Ham.

No. 82 OVEN-BROILED, FRIED OR GRIDDLE-BROILED HAMSTEAK

PORTION: 5-6 oz. uncooked		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Ham, smoked, whole, if bone-in	49-59 lbs.	—
If boneless, trimmed and sliced	32-38 lbs.	—

FIRST . . .

1. Defrost hams.
2. Split hams into cushion and knuckle sections. Cut into slices ⅜ inch thick. Trim off excessive fat edges.
3. Cut into 5 to 6 oz. portions. Cut or nick fat edges in several places to prevent curling.

THEN . . . 10 to 15 minutes before serving:

To Pan Fry:

4. Preheat frying pan on top of stove to moderate heat.
5. Place slices of ham in pan, do not overlap or stack, allow to cook slowly; as fat collects, pour off excess. Save for gravy or seasoning.
6. Cook about 10 minutes, turning over slices to insure even browning.

NOTE: *If fat from ham smokes, the frying temperature is too high.*

To Griddle Broil:

4. Broil on heated griddle.
5. Turn over to insure even cooking. Scrape fat and dripping to one side and lift out as it accumulates. Keep griddle temperature moderate.
6. Cook about 10 minutes, 5 minutes on each side, serve immediately.

Oven-broiling:

4. Place slices of ham in roasting pan; do not overlap or stack.
5. Bake in slow oven (300 F.) for 30 minutes, uncovered and without water.

VARIATIONS (100 servings)

Ham Slices (for Ham and Eggs) . . . Use 25– 30 pounds of whole smoked ham (bone-in) or 16-19 pounds of boneless, trimmed, sliced ham. Slice ham to ¼" thickness (2½-3 oz. pieces) cooking as above for *one half the time* (thin slices reduce cooking time).

Suggestions for Leftovers

Cooked slices are cooled and stored in chill box. They should not be reheated for service, but diced or ground for other use in Ham and Noodles, Jambalaya or Croquettes.

No. 83 SCALLOPED HAM AND NOODLES

FIRST . . .

1. Have white sauce prepared.
2. Grind cooked ham, mince onions.

THEN . . . 1½ to 2 hours before serving:

3. To boiling water stir in noodles. Cook 20 minutes or until tender. Drain.

NOTE: *Do not overcook.*

4. Combine white sauce and onions.
5. Arrange alternate layers of noodles, white sauce and ham in greased baking pans.
6. To melted fat add bread crumbs, mix together well. Sprinkle over ham mixture.
7. Bake in moderate oven (350° F.) about 1 hour, or until buttered crumbs are browned.
8. When serving, spoon out on plate so that brown crust is uppermost.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Water, boiling	—	5 gals.
Egg noodles, dry*	6 lbs.	—
White sauce, medium**	—	2 gals.
Onions, minced or ground	8 oz.	1½ cups
Ham, cooked, ground***	15 lbs.	1¾ gals. (7½ qts.)
Butter or other fat, melted	4 oz.	½ cup
Bread crumbs, fine, dry	2 lbs.	2½ qts.

*Macaroni may be used in place of noodles.
**Recipe No. 116.
***Use ham hocks (or shanks) or trimmings.

Suggestions for Leftovers

Use Stuffed Peppers or Tomatoes with the Ham and Noodle mixture.

No. 84 JAMBALAYA

FIRST . . .

1. Cut meat into ½ to ¾ inch cubes.
2. Dice celery, chop onions.

THEN . . . 1½ hours before serving:

3. Heat ham or bacon fat. Fry onions and celery until lightly browned.
4. Add ham, uncooked rice, tomatoes, stock, catsup, and Worcestershire sauce.
5. Heat to boiling temperature. Reduce heat, simmer about one hour or until rice is tender and mixture thickens. Stir frequently.

CAUTION: *Be careful not to overstir, or to overcook. Mixture will become mushy.*

PORTION: 18 oz. cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Ham ends and trimmings, cooked	15 lbs.	—
Celery, diced	2 lbs.	2 qts.
Onions, chopped	1 lb., 8 oz.	4½ cups
Ham or bacon fat, melted	1 lb.	1 pt.
Rice, uncooked, washed	6 lbs.	3 qts.
Tomatoes	12 lbs. 12 oz.	2 No. 10cans (6½ qts.)
Ham stock*	—	2 gals.
Catsup	—	1 pt.
Worcestershire	—	½ cup

*Recipe No. 7.

Suggestions for Leftovers

May be reheated and offered for service within 24 to 48 hours.

No. 85 GRILLED CANADIAN BACON

FIRST . . .

1. Defrost.
2. Wipe off with a damp towel.
3. Cut in uniform 2 oz. slices.
4. Score the edge to keep it from curling.

THEN . . . 15 minutes before serving:

5. Place on heated, greased griddle and broil slowly.
6. Turn over to insure even cooking.
7. When brown, remove to wire rack for draining excess fat, or place on bread ends in bottom of a pan.

PORTION: 4 oz. (uncooked)		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNT
Canadian bacon	25 lbs.	—

8. Serve hot, two slices to a serving.

Suggestions for Leftovers

If unsliced, bacon may be sliced thin for night lunch. Cooked slices may be diced and used same as for Diced Ham.

No. 86 HAM SCALLOPED WITH APPLES

FIRST . . .

1. Trim excess fat and chop ham.
2. Mix sugar and ground cloves.

THEN . . . 2 hours before serving:

3. Arrange alternate layers of ham, apples and the sugar-cloves mixture in greased pans.
4. Dot top of mixture with small pieces of butter or fat.
5. Cover with fruit juice or water.
6. Bake in slow oven (300° F.) for 1½ hours.
7. Serve while hot.

NOTE: *Fresh apples, cored and sliced, may be used instead of canned. Use 20 pounds E.P. for 100 servings.*

PORTION: About 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Ham, cooked, chopped*	15 lbs.	1⅞ gals. (7½ qts.)
Apples, canned	19 lbs.	3 No. 10 cans
Sugar, brown	4 lbs.	3 qts.
Butter or fat	1 lb.	2 cups
Cloves, ground	¾ oz.	3 Tbsp.
Fruit juice or water	—	1½ qts.

*Use ham butts, hocks (shanks) or trimmings.

VARIATIONS (100 servings)

Scalloped Ham, Apples and Sweet Potatoes . . . Use only 2 No. 10 cans of apples (12 lbs., 12 oz.) instead of quantity given above. Increase amount of fruit juice to 2 quarts and add 11 lbs. of sweet potatoes. All other ingredients are the same. Arrange alternate layers of sweet potatoes, ham, apples and sugar-clove mixture in greased pans. Continue with Step 4.

No. 87 OVEN-BROILED BACON

FIRST . . .

1. Defrost bacon slabs.
2. Slice bacon about 8 slices to one inch, to the rind. Then remove rind from slabs of bacon, cutting as little fat as possible.

THEN . . . ½ hour before serving:

3. Place slices, slightly overlapping, on racks (if available) in shallow baking sheets. Place only enough slices to fill length of pan.
4. Cook in moderate oven (350° F.) without turning until bacon reaches desired degree of doneness.

NOTE: *Avoid over-cooking bacon as the crisper the bacon is cooked, the saltier it tastes and the more readily it breaks.*

5. Lay absorbent paper in a pan—lay bacon on paper so excess fat will be absorbed. Bread ends can be used instead of paper.
6. Keep hot until served. Use tongs for serving.

PORTION: 3 1-oz. slices		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNT
Bacon, slab	21 lbs.	—
or		
Rindless, cliced, 16 pcs. to pound	19 lbs.	—

VARIATION

Griddle-Broiled Bacon . . .

NOTE: *Do not prepare more than 5 servings at a time.* Do not have griddle too hot. Place slices on griddle, slightly overlapping. Turn slices over as they begin to curl, continuing the turning from time to time until slices are crisp but not brittle.

When excess fat accumulates on griddle, drain fat off. Keep temperature of griddle below smoking point.

Do not cook bacon directly on range top, unless there is a trough or groove for large amount of liquid fat.

Suggestions for Leftovers

Save bacon fat for seasoning or frying. Strain, cool and store in chill box. Cooked bacon may be diced and added to certain soups, mixed with beaten eggs for scrambled eggs or omelet.

No. 88 HAM SLICES COOKED IN MILK

FIRST . . .

1. Defrost hams.
2. Split hams into cushion and knuckle sections. Trim off excess fat edges.
3. Cut into approximately 6 oz. servings, sliced ⅜ inch thick.

THEN . . . 2 hours before serving:

4. Mix brown sugar and mustard. Rub on surface of both sides of ham slices.
5. Place slices in baking pans. Mix evaporated milk and water. Pour milk over ham.
6. Place in slow oven (325° F.) uncovered and bake for about 2 hours or until tender.
7. Serve with milk sauce over the ham slices.

Suggestions for Leftovers

Sweet Potatoes and Ham or Scalloped Potatoes and Ham.

PORTION: 6 oz. uncooked		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Ham smoked, bone-in or Ham, boneless, trimmed slices	59 lbs. 38 lbs.	— —
Sugar, brown	3 lbs.	2¼ qts.
Mustard, dry	1 oz.	5 Tbsp.
Milk, evaporated	4 14½ oz. cans	6¾ cups
Water for milk		7 cups

No. 89 FRANKFURTERS IN BLANKETS

FIRST . . .

1. Prepare biscuit dough reducing the amount of shortening to one-half.
2. Separate links by cutting with a knife. Do not pull apart.

THEN . . . 1½ hours before serving:

3. Broil frankfurters on heated griddle until slightly browned.
4. Roll out dough on floured surface to ¼ inch thickness, cut into pieces large enough to cover one frankfurter.
5. Roll 1 frankfurter in each piece of dough (blanket). Moisten edges of dough with water and seal together.
6. Line up frankfurters on greased baking sheet, brush over with milk and egg mixture.
7. Bake in hot oven (400° F.) twenty minutes or until edges are golden brown.

NOTE: *Serve with or without sauce. Tomato sauce is often served.*

VARIATIONS (100 servings)

Pork Sausage Links in Blankets . . . Portion 3 rolls. Use 25 lbs. of pork sausage (12 sausages to 1 lb.) for frankfurters in recipe for Frankfurters in Blankets. Use same weights and amounts of other ingredients.

Vienna Sausage in Blankets . . . Substitute 25 lbs. of Vienna Sausage for frankfurters in recipe for Frankfurters in Blankets. Use same weights and amounts of other ingredients.

Frankfurters Wrapped in Bacon . . . Wrap each browned frankfurter in one strip of bacon, spiral-wise; fasten with toothpick. Place in baking pan in slow oven (325° F.) until bacon is brown (about 20 minutes).

PORTION: 2 rolls		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Biscuit dough*	10 lbs.	—
Frankfurters	25 lbs.	8 to 1 lb.
Eggs, slightly beaten	8 oz.	1 cup (5 eggs)
Milk, evaporated	—	⅔ cup
Water (for milk)	—	1 cup

*See Baking Section.

Suggestions for Leftovers

Remove crust and use in the same manner as under Simmered Frankfurters.

No. 90 SIMMERED FRANKFURTERS

PORTION: 2 to 3 frankfurters		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Frankfurters	25-35 lbs. (7 frankfurters to 1 lb.)	——
Water	——	to cover

FIRST . . .

1. Separate links by cutting with knife; do not pull apart.

THEN . . . ½ hour before serving:

2. Cover frankfurters with water. Heat to boiling temperature. Let simmer approximately ten minutes. Fast boiling may split skins and give unattractive appearance.
3. Drain and serve hot.
4. To keep hot, leave them covered with hot water in which they were cooked.

VARIATIONS (100 servings)

Frankfurters may be pan or griddle fried in a small amount of fat until browned. Turn to brown evenly. Frankfurters may also be broiled on heated griddle until evenly browned. For griddle broiling they may be left whole or split lengthwise and spread open. (Do not cut apart.)

Frankfurters with Sauerkraut . . . Use 4 No. 10 cans of sauerkraut. Heat frankfurters and sauerkraut together. Each serving of sauerkraut: 4 oz.

Frankfurters and Baked Beans . . . Serve frankfurters as a border around a serving of Baked Beans.

Suggestions for Leftovers

Frankfurters in Blankets; Frankfurters and Bacon; Griddle Broiled or Sliced in Split Pea Soup.

No. 91 FRIED LIVER

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Liver, beef, pork, lamb, veal	35 lbs.	——
Salt	5 oz.	10 Tbsp.
Pepper	¼ oz.	¾ Tbsp.
Flour	2 lbs.	2 qts.
Fat, bacon	2 lbs.	1 qt.

FIRST . . .

1. Wipe liver with damp towel.
2. Remove thin outside skin and veins.
3. Cut into 5 oz. portions. Slice ⅜ to ½ inch thick.

THEN . . . Cook to order:

4. Sprinkle salt and pepper over liver. Roll in flour.
5. Heat small amount of fat and pan fry liver until brown on both sides. Reduce heat and cook slowly to desired degree of doneness. Turn to insure even cooking.
6. For beef liver add small amount of water to cover bottom of pan (after browning). Cover and continue cooking at simmering temperature for about 20 minutes or until done.

NOTE: ***Pork liver should be cooked until well done.***

VARIATIONS (100 servings)

Fried Liver with Bacon . . . Prepare liver as fried liver. Serve with 2 slices (10–11 lbs.) of bacon, fried, griddle-broiled or oven-cooked.

Fried Liver and Onions . . . Portions of onions: 4 oz. Prepare Fried Liver. Peel and slice 30 lbs. of onions. Prepare by shallow frying in 2½ lbs. of fat in uncovered pan, cooking until golden brown and tender. Add salt and pepper to onions. Serve with fried onions on top of liver.

Fried Liver with French Fried Onions . . . Prepare Fried Liver with French Fried onions over liver.

Suggestions for Leftovers

Liver Pork Loaf; Liver Chop Suey; Liver Omelet.

No. 92 FRIED LUNCHEON MEAT

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Luncheon meat	25 lbs.	——
Fat	2 lbs.	1 qt.

FIRST . . .

1. Slice meat ¼ inch thick.

THEN . . . Cook to order:

2. Brown on both sides in small amount of fat and continue cooking only until slices are heated through.

No. 93 GRIDDLE-BROILED LIVER

FIRST . . .

1. Wipe with damp towel.
2. Remove thin outside skin and veins.
3. Cut in 5 ounce portions, slice ⅜ to ½ inch thick.

THEN . . . Cook to order:

4. Dip liver into melted fat.
5. Broil on heated griddle at moderate temperature, 6 to 10 minutes or until desired doneness, turning to insure even cooking.
6. Sprinkle with salt and pepper.
7. Serve immediately.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Liver, pork, lamb or veal*	35 lbs.	—
Fat, melted bacon	1 lb.	2 cups
Salt	5 oz.	10 Tbsp.
Pepper	¼ oz.	¾ Tbsp.

*Beef liver is not included as it is not suitable for griddle-broiling.

No. 94 SIMMERED TONGUE

(Beef, fresh or smoked)

START . . . ½ hour before serving:

1. Cover tongue with water; if fresh tongue is used, add salt and pepper.
2. Cover and heat to boiling point, reduce heat and simmer until tongue is tender.
3. Plunge into cold water. Remove skin and cut away roots.
4. If tongue is to be served cold, cool in water in which it was cooked; if tongue is to be served hot, trim and return to cooking water. Heat to serving temperature.
5. Slice ⅛ inch thick.

NOTE: *Spices and chopped onions, carrots, or green peppers may be added to the cooking water.*

VARIATIONS (100 servings)

Tongue a la Maryland . . . Add spices, bay leaf, and 1 No. 10 can cherries to recipe for simmered tongue. Heat and thicken sauce if desired. Serve sauce over hot sliced tongue.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tongue, fresh	55 lbs.	—
or		
Tongue, smoked, short cut	50 lbs.	—
Water	—	To cover
Salt (for fresh tongue only)	7 oz.	⅞ cup
Pepper*	—	—

*Optional

Sliced Cold Tongue . . . Prepare tongue as in recipe for simmered tongue. Allow tongue to cool in water in which it was cooked. Remove from water and slice.

Suggestions for Leftovers

Diced in Meat Salads; Creamed Ham and Tongue; Escalloped with Potatoes.

No. 95 ROAST LAMB

FIRST . . .

1. Thaw meat. Tie smaller pieces together. Each roast should average 6 to 8 lbs.

THEN . . . 2½ to 3 hours before serving:

2. Rub with salt and pepper. Place fat side up on rack in roasting pan. Do not stack or crowd roasts.
3. Place in oven and roast at 325° F. for approximately 2 hours or until roasts are the desired degree of doneness.

NOTE: *Do not add water. Maintain constant dry heat and use oven thermometer to measure heat.*

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lamb, boneless*	42 lbs.	—
Salt	8 oz.	1 cup
Pepper	1 oz.	3½ Tbsp.

*Use legs, loins, rack and shoulders.

4. Remove roast from pans. Carve across the grain in thin slices ⅛ inch thick. Reserve drippings for pan gravy.

NOTE: *Lamb should always be served hot or thoroughly chilled. Lamb roasts may be rubbed with garlic for additional flavor.*

5. Serve hot with Mint or Currant Jelly.

VARIATIONS (100 servings)

Roast Lamb with Mint Sauce or Currant Jelly.

Suggestions for Leftovers

Cold Sliced Meats; Meat Salad; Lamb Chop Suey; Lamb Curry.

No. 96 BRAISED LAMB

FIRST . . .

1. Thaw lamb. Inspect for dirt and wipe with damp towel. Bone, roll and tie shoulders.

THEN . . . 2½ hours before serving:

2. Heat fat in pan on top of range and brown lamb on all sides, turning frequently.
3. Add salt, pepper, stock or water. Add chopped onions (optional).
4. Cook covered in slow oven (300–325° F.) for about 2 hours or until lamb is tender. Keep about one inch of water in bottom of pan.
5. Turn meat occasionally.
6. When meat is cooked, remove from pan. Allow to stand on cool edge of range while gravy is made from drippings.
7. Slice across grain in ⅛ inch slices, as ordered. Serve hot.

PORTION: 5 oz. per person		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lamb, boneless, shoulders	45 lbs.	—
Lamb fat or other fat	8 oz.	1 cup
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Meat stock* or water	—	1 qt.
Onions, chopped**	4 lbs.	3 qts.

*Recipe No. 6.
**Optional.

VARIATIONS (100 servings)

Lamb a la Mode . . . Add 3 lbs. diced carrots, 2 lbs. diced onions and 1 No. 10 can tomatoes to the braised lamb 30 to 45 minutes before the meat is done. (Step 5.) Serve the vegetables in the gravy.

Lamb Braised with Vegetables . . . Use 31 lbs. of lamb instead of 45 pounds. Add 3 lbs. diced carrots, 3 lbs. diced onions, 3 lbs. diced celery and 3 lbs. diced turnips to the braised lamb about 40 minutes before roast is done. (Step 5.) Serve vegetables with sliced meat.

Suggestions for Leftovers

Lamb Biscuit Roll; Lamb Pot Pie; Lamb Croquettes.

No. 97 LAMB BISCUIT ROLL (Beef, Pork, Veal or Smoked Ham)

FIRST . . .

1. Grind cooked meat and chop onions.

THEN . . .1½ hours before serving:

2. Soak bread crumbs in water; press and discard water.
3. Cook onions in fat until brown.
4. Combine meat, bread crumbs, cooked onions, chili powder and salt; mix well.
5. Prepare biscuit dough using 8 lbs. sifted flour. Roll into rectangles ¼ inch thick, 8 inches wide, the length of baking pans.
6. Spread meat mixture about ½ inch thick over each piece of dough. Roll like jelly roll into lengths equal to that of baking pans and seal end of dough with water. Place in baking pans.

PORTION: 7 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bread crumbs	3 lbs.	6 qts.
Onions, chopped	2 lbs.	6 cups
Fat, bacon	2 lbs.	4 cups
Meat, cooked, ground*	20 lbs.	—
Chili powder	½ oz.	3 Tbsp.
Salt	4 oz.	½ cup
Biscuit dough**	17 lbs.	—

*Beef, pork, veal or smoked ham may be used.
**See Baking Section.

7. Bake in slow oven (325° F.) about 30 minutes until golden brown.
8. Slice at once into 1 inch slices and serve two slices per person.

No. 98 BROILED LAMB CHOPS AND STEAKS

FIRST . . .

1. Thaw, remove skin from chops and legs.

NOTE: *The strong taste often disliked in lamb comes only from the skin.*

2. Cut loins into 4-oz. chops. Cut legs into 6-oz. steaks.
3. Score edges of lower shoulder chops to prevent curling while cooking.

THEN . . . 15 minutes before serving time, prepare only enough to serve men at first sitting. Cook to order after first five minutes of each sitting:

4. Heat griddle, test with drop of water. If water sizzles and evaporates quickly, the griddle is ready.
5. Dip the steaks in the oil and place on ungreased griddle. Brown, then turn. Sprinkle with salt and pepper mixture on each side immediately after browning. Keep turning the steaks over in the same order they were placed on the griddle to insure even cooking. Turn with tongs. Do not pierce. Cook with even moderate heat.

NOTE: *Do not press steaks or chops during cooking.*

6. When steaks are done, serve at once while hot.

PORTION: 2 4-oz. chops or 1 6-oz. steak
SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS
Lamb, loin rack (rib) and legs	65 lbs.	—
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Cooking oil	1 lb.	2 cups

Suggestions for Leftovers

Diced Lamb in Brown Sauce; Stuffed Pepper or Tomato.

No. 99 LAMB CURRY

FIRST . . .

1. Peel and slice apples, chop onions. Dice cooked meat. Wash rice.

THEN . . . 1½ hours before serving:

2. Blend flour with ½ melted fat; stir until smooth, cook slowly.
3. Heat milk and water. Add to flour mixture. Heat to boiling point; boil 3 minutes, stirring constantly.
4. Add this mixture to fat, salt, pepper, curry powder, cinnamon, cloves, nutmeg and allspice.
5. Add apples, onions, and meat. Cover and heat to boiling point; reduce heat and simmer slowly 30 to 45 minutes.
6. Add previously washed rice to rapidly boiling salted water (6 gals. water to 4 oz. salt for 12 lbs. rice); boil 15 to 20 minutes or until tender. Drain well.
7. Add white sauce (made in Step 3) to cooked apples, onions and meat mixture. Serve curried lamb over cooked rice.

NOTE: *Serve hot.*

VARIATIONS (100 servings)

Veal Curry or Chicken Curry . . . Prepare the same as Lamb Curry using 25 lbs. of veal or chicken instead of lamb.

PORTION: 6 oz. lamb, 4 oz. rice SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS
Flour, sifted	2 lbs.	½ gal.
Bacon fat, melted	4 lbs.	½ gal.
Milk	4 14½-oz. cans	½ gal.
Water	4 lbs.	½ gal.
Meat stock*	16 lbs.	2 gals.
Salt	6 oz.	¾ cup
Pepper	—	¼ tsp.
Curry powder	6 oz.	1½ cups
Cinnamon	—	1 tsp.
Cloves	—	1 tsp.
Allspice	—	1 tsp.
Nutmeg	—	1 tsp.
Onions, chopped	2 lbs., 8 oz.	2½ qts.
Apples, sliced	6 lbs.	1½ gals.
Lamb, cooked, diced	23 lbs.	4¼ gals.
Rice, cooked	27 lbs.	4 gals.

*Recipe No. 6.

No. 100 IRISH LAMB STEW

FIRST . . .

1. Thaw meat. If meat is used with bone in, saw bones. Pieces of meat and bones should be 1½" in size.

   Cut boneless meat into 1 inch cubes. This will give approximately 25 pieces to 1 pound.

NOTE: *Do not chop with cleaver as bones may splinter.*

2. Assemble vegetables. Cube carrots and potatoes in ¾" cubes. Quarter or halve onions if large.

THEN . . . 3 hours before serving:

3. Add salt, pepper and onions to cubed meat.
4. Add stock or water. Cover tightly. Let simmer 2 to 2½ hours.
5. Add vegetables before meat is tender. Allow 45 to 60 minutes for potatoes and onions to cook. Allow 30 minutes for carrots.
6. Blend melted fat and flour. Add roux to stew and allow it to boil about 10 minutes, stirring constantly.
7. Add canned peas, reheat. Serve at once.

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lamb, bone in	40 lbs.	——
or		
boneless, trimmed	28 lbs.	——
Salt	6 oz.	¾ cup
Pepper	½ oz.	5½ tsp.
Meat stock* or water	——	3 gal.
Potatoes ¾" cubes	12 lbs.	1¾ gal.
Onions, small whole	5 lbs.	1¼ gal.
Carrots ¾" cubes	8 lbs.	2 gal.
Peas, canned	5 lbs.	2½ qts.
Flour	2 lbs.	½ gal.
Fat	2 lbs.	1 qt.

*Recipe No. 6.

VARIATIONS (100 servings)

Stew El Rancho . . . Prepare recipe for stew increasing weight of potatoes to 15 lbs. Add 10 lbs. tomatoes, 8 lbs. cabbage (cut in eighths) and 2 oz. chili powder to liquid covering stew.

Spiced Stew . . . Increase meat to 50 lbs. (carcass) or 35 lbs. (boneless) in recipe for stew. Omit all vegetables. Add: 2 qts. vinegar, 2 lbs. brown sugar, 1 oz. cinnamon, 8 bay leaves, 1 lb. sliced onions to liquid covering meat.

Stew with Barley, Rice, Cheese, Dumplings, or Noodles . . . Prepare recipe for stew. Reduce cooking time to 2 hours. Stew may be served with or on cooked barley or rice. 10 lbs. shredded cheese may be added to stew at step 7. Heat stew until cheese is melted, being careful not to boil mixture after cheese is added. Stew may also be varied by adding dumplings or noodles 15 to 20 minutes before the end of the cooking period.

Irish Veal Stew . . . Veal may also be used in place of lamb.

Suggestions for Leftovers

Lamb Pot Pie; Baked Lamb Hash.

No. 101 ROAST VEAL

FIRST . . .

1. Thaw meat. Cut veal into uniform roasts of about 8 pounds. Trim, prepare for roasting.

THEN . . . 4 hours before serving:

2. Rub with salt and pepper (optional). Place fat side up on rack in open roasting pan. If there is little or no fat covering lay strips of salt pork ¼ inch thick on top of roasts. Do not stack or crowd the roasts. Insert meat thermometers.
3. Roast at 325° F. for about 3 hours or until meat thermometer registers the correct internal temperature (165° F.) indicating the proper degree of doneness.

NOTE: *Do not sear the roast. Do not add water. Do not cover.*

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Veal, boneless	45 lbs.	——
Salt	8 oz.	1 cup
Pepper	1 oz.	3½ Tbsp.
Salt pork	4 lbs.	——

4. Allow to stand 30 minutes before carving into ⅛ inch slices across the grain.
5. Make gravy with pan drippings.

Suggestions for Leftovers

Cold Sliced Meats; Meat Salad; Veal Curry; Veal in Brown Sauce.

No. 102 VEAL BIRD

FIRST . . .

1. Thaw meat. Bone, trim and cut meat into 6 oz. rectangular pieces.

THEN . . . 2½ hours before serving:

2. Rub with salt and pepper.
3. Spread 3 ounces of stuffing on each piece. Roll and fasten with toothpicks. Dredge with flour.
4. Fry in shallow hot fat until browned on all sides.
5. Place veal birds in roasting pans. Add stock.
6. Cover pans tightly. Bake in slow oven (300° F.) 1 to 1½ hours or until tender and well done.

NOTE: ***If excess fat rises to surface, remove.***

7. Serve hot with brown gravy from the pan.

VARIATIONS (100 servings)

Beef or Pork Birds . . . Beef or pork may be used in place of veal.

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Veal, boneless trimmed legs	35 lbs.	——
Salt	6 oz.	¾ cup
Pepper	¼ oz.	¾ Tbsp.
Bread dressing	20 lbs.	5 gals.
Flour, sifted	2 lbs.	½ gal.
Fat	4 lbs.	½ gal.
Meat stock*	——	1½ gals.

*Recipe No. 6.

Suggestions for Leftovers

Remove dressing and use in any of the following: Veal Croquettes; Veal Loaf; Baked Stuffed Peppers; Tomatoes.

No. 103 BREADED VEAL CUTLET (STEAK OR CHOP)

FIRST . . .

1. Thaw meat. Bone, trim and cut meat into 3½ ounce slices. Flatten to ⅜" thickness.

THEN . . . 1 hour before serving:

2. Mix flour, salt and pepper together.
3. Dredge cutlets in seasoned flour.
4. Combine milk well with slightly beaten eggs.
5. Dip floured meat into milk and egg mixture, then into bread crumbs.

NOTE: ***If crumbs become lumpy, sift. In breading large quantities, do not pile cutlets in layers of more than three or four to prevent breaded surfaces from becoming soggy.***

6. Fry until golden brown in about 2 inches of fat at 375° F.

NOTE: ***When replenishing fat lost by absorption, allow sufficient time for fat to reach 375° F.***

7. Place cutlets on wire rack in a pan to drain excess fat. Then stack on end in another roasting pan. Bake in slow oven (325° F.) for 20 minutes.

NOTE: ***All veal should be well done.***

8. Serve immediately.

PORTION: 2		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Veal, boneless, trimmed	45 lbs.	——
Flour, sifted	2 lbs.	½ gal.
Salt	2 oz.	¼ cup
Pepper, white	¼ oz.	¾ Tbsp.
Milk, evaporated	——	1 14½-oz. can
Water	——	1 pt.
Eggs	1 lb.	10 (1 pt.)
Bread Crumbs, dry	1½ lbs.	½ gal.
Fat (for frying)	——	3¾ gals.

NOTE: ***When keeping hot in oven during meal period, lay cutlets on wire rack or on ends of bread or absorbent paper to prevent under-crust from becoming greasy.***

Suggestions for Leftovers

Cooked Cutlets . . . Strip off brown crust and use in Veal Salad; Veal Chop Suey; Veal Biscuit Roll.

Uncooked, Breaded Cutlets . . . Wash off breading. Store in covered pan in chill box.

No. 104 VEAL FRICASSEE

FIRST . . .

1. Thaw meat, wipe carefully and cut into 1½ inch cubes.
2. Chop parsley. Crush garlic.

THEN . . . 2 hours before serving:

3. Mix flour, salt, pepper, thyme and paprika. Dredge the meat in the seasoned flour.
4. Saute meat cubes evenly in bacon fat.

NOTE: ***Do not let meat brown too much as this spoils the appearance of the fricassee.***

5. Add garlic, stock and water. Let simmer for 1½ hours or until meat is tender. Stir frequently.
6. Add evaporated milk. Add chopped parsley and serve with cooked rice or cooked noodles.

VARIATIONS (100 servings)

Lamb Fricassee . . . Lamb may be substituted for veal in recipe.

Suggestions for Leftovers

Veal Pot Pie with Biscuit or Mashed Potato Cover.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Veal, boneless	35 lbs.	—
Bacon, fat or other	3 lbs.	3 pts.
Flour, sifted	2 lbs., 8 oz.	2½ qts.
Meat stock*	—	1½ gal.
Milk, evaporated	—	7 No. 1 cans (3 qts.)
Water	—	3 qts.
Salt	6 oz.	¾ cup
Pepper	½ oz.	1¾ Tbsp.
Thyme	¼ oz.	1 cup
Paprika	½ oz.	1¾ Tbsp.
Chopped parsley (optional)	3 oz.	1 cup
Garlic (optional)	—	4 cloves

*Recipe No. 6.

Sauces and Gravies

A gravy or sauce, seasoned well, makes a perfect accompaniment to meat, poultry, fish or vegetable.

Sauces should be served immediately after preparation, if possible, otherwise they should be kept covered to prevent evaporation and the formation of a crust on the surface.

Sauces are *white* or *brown* and different seasonings and ingredients furnish endless variations. Flour is the usual thickener, and is blended into the melted fat to form a *roux*. (Slight browning makes a blond or white roux; deep browning makes a brown roux.) The proportion of fat to flour differs with the thickness of roux desired. The liquid added to the roux may be milk, stock, water, tomato juice or vegetable juices.

How to Cook Sauces

Be sure to measure ingredients carefully. Use a cooking vessel with a heavy rounded bottom, to assure perfect blending. A double boiler is excellent for making a white sauce. The liquid should be heated, added gradually and sauce stirred constantly.

Hints on Making Sauces

Overcooked sauce may become oily. If this happens, skim off the excess fat, add a little more of the liquid — cold — and boil briefly until smooth. Do not overseason the sauce.

A lumpy sauce can be strained through a very fine sieve or cheesecloth.

Measure proportions of fat, flour and liquid carefully to assure proper proportions and prevent greasiness and incorrect consistency.

Gravies are meat juices or drippings to which thickening, water or stock have been added.

No. 105 HARD SAUCE

Preparation time, steps 1, 2, 3: 20 minutes.

1. Beat butter until creamy.
2. Add sugar and vanilla gradually.
3. Whip until smooth.

NOTE: ***Hard sauce may be used at this stage. If firmness is desired proceed as follows:***

4. Pack in waxed paper, lined baking pans, or square molds.
5. Chill in refrigerator until firm.
6. Lift from pans. Slice. Serve with hot or cold steamed puddings; baked apples; Dutch apple pie or mincemeat pie; Brown Betty.

YIELD: 6 pounds		
INGREDIENTS	WEIGHTS	AMOUNTS
Butter, softened	2 lbs.	1 qt.
Confectioners sugar (sifted)	4 lbs.	3½ qts.
Vanilla*	2 oz.	¼ cup

*Rum flavoring may be used in place of vanilla.

Suggestions for Leftovers

Hard Sauce keeps well—can be made in advance. Cover and store in chill-box.

No. 106 MAPLE SYRUP

Preparation time, exclusive of chilling: 20 minutes.

1. Dissolve maple tablets in boiling water.
2. Add sugar.
3. Heat to boiling temperature, stirring to dissolve sugar.
4. Cool before using.

Suggestions for Leftovers: Maple Syrup can be made in advance and kept in a cool place until needed.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Maple tablets	—	8
Water, boiling	—	½ gal.
Sugar, granulated	6 lbs.	13½ cups
Sugar, brown	2 lbs.	7 cups

No. 107 CHOCOLATE FUDGE SAUCE

Preparation time, exclusive of chilling: 30 minutes.

1. Melt chocolate over hot water.
2. Add butter, corn syrup, salt, boiling water and sugar, stirring constantly.
3. Cook over direct heat, boiling 3 to 5 minutes.
4. Cool and add vanilla.
5. To serve hot, reheat over boiling water.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve. May be used cold.

YIELD: 5½ quarts		
INGREDIENTS	WEIGHTS	AMOUNTS
Chocolate, grated	1 lb. 2 oz.	4½ cups
Butter	½ lb.	1 cup
Corn syrup	1 lb. 1 oz.	1½ cups
Salt	—	1 tsp.
Boiling water	—	6 cups
Sugar	5¼ lbs.	12 cups
Vanilla	1 oz.	2 Tbsp.

No. 108 VANILLA SAUCE

Preparation time, exclusive of chilling: 30 minutes.

1. Mix together cornstarch, sugar and salt.
2. Stir into boiling water until mixture is smooth.
3. Heat to boiling. Cook until thickened.
4. Stir in butter and vanilla. Chill.

NOTE: *Serve with custards.*

Suggestions for Leftovers: Cool, place in small container, store in chill-box. Use by second day.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	1¾ lbs.	4 cups
Cornstarch	2½ oz.	½ cup
Salt	—	¼ tsp.
Water (boiling)	—	1 gal.
Butter (melted)	½ lb.	1 cup
Vanilla	2 oz.	4 Tbsp.

No. 109 CUMBERLAND SAUCE

FIRST . . .

1. Stir jelly over hot water until soft.

THEN . . . ¼ hour before serving:

2. Beat in egg yolks and all the remaining ingredients.
3. Stir sauce 15 minutes or until thickened.

VARIATION

Raisin Sauce . . . 1½ pounds seedless raisins may be added. This sauce is excellent over ham.

Suggestions for Leftovers: Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 5 quarts		
INGREDIENTS	WEIGHTS	AMOUNTS
Currant jelly	11¾ lbs.	17 cups
Egg yolk	12 oz.	18 yolks (1½ cup)
Vinegar	—	2¼ cups
Dry mustard	1 oz.	5 Tbsp.
Sugar	1 lb.	2¼ cups
Salt	—	1 tsp.
Pepper	—	½ tsp.

No. 110 LEMON SAUCE

Preparation time, exclusive of chilling: 30 minutes.

1. Combine sugar, cornstarch, salt and nutmeg.
2. Stir into boiling water slowly.
3. Heat to boiling temperature. Cook about 5 minutes or until thickened, stirring constantly.
4. Stir in butter, lemon rind and lemon juice.
5. Reheat to boiling temperature.

VARIATIONS

Cherry Sauce . . . Use cherry juice in place of water in above recipe.

Fruit Sauce . . . Use fruit juice in place of water. Add crushed fruit.

Crushed Pineapple . . . Crushed pineapple may be added to the lemon sauce.

YIELD: 1 quart		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	1¾ lbs.	1 qt.
Cornstarch	4 oz.	¾ cup
Salt	——	¼ tsp.
Nutmeg	——	¼ tsp.
Water, boiling	——	2½ qts.
Butter	4 oz.	½ cup
Lemon rind, grated	1 oz.	1 Tbsp.
Lemon juice	——	¾ cup

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

No. 111 BUTTERSCOTCH SAUCE

Preparation time, exclusive of chilling: 30 minutes.

1. Beat egg yolks.
2. Add remaining ingredients and mix well.
3. Cook to a thick syrup over boiling water, stirring frequently. Beat thoroughly before using.
4. Serve hot or cold.

Suggestions for Leftovers

Sauce may be made in advance and stored in chill-box.

YIELD: 3¼ quarts		
INGREDIENTS	WEIGHTS	AMOUNTS
Egg yolks	8 oz.	(12 yolks) 1 cup
Butter	1½ lbs.	3 cups
Water	——	3 cups
Brown sugar	3 lbs.	2 qts.
Corn syrup	2¾ lbs.	4 cups
Nut meats (broken)*	——	3 cups

*Optional

No. 112 ORANGE SAUCE

Preparation time, exclusive of chilling: 1 hour.

1. Grate orange rind.
2. Combine sugar, cornstarch, salt and cinnamon. Stir into boiling water slowly.
3. Heat to boiling temperature. Cook about 5 minutes or until thickened, stirring constantly.
4. Stir in butter, orange rind, orange juice and lemon juice.
5. Reheat to boiling temperature.

NOTE: *This sauce is desirable and popular for cornstarch pudding, rice pudding, fruit fritters and left-over cakes.*

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: approximately 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Orange juice	——	3 cups
Sugar	1¾ lbs.	1 qt.
Orange rind	1¼ oz.	5 Tbsp.
Cornstarch	4 oz.	¾ cup
Salt	——	½ tsp.
Cinnamon	——	½ tsp.
Water, boiling	——	2 qts.
Butter	12 oz.	1¼ cup
Lemon juice	——	1 cup

No. 113 TOMATO SAUCE

1. Combine tomatoes, tomato puree, meat stock and sugar.
2. Add garlic, bay leaves, cloves, pepper and salt. Heat to boiling temperature.
3. Blend together butter and flour to a smooth paste.
4. Stir into heated mixture.
5. Continue to simmer for 20 minutes, stirring until mixture is well thickened. Strain. Serve hot.

NOTE: ***An excellent sauce for baked fish, veal cutlets or other breaded meats and baked stuffed peppers.***

VARIATION

Tomato Vegetable Sauce . . . To 1 gallon of tomato sauce add 1 pound each cooked chopped onions, celery, carrots and peas.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 2 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	6 lbs. 6 oz.	1 No. 10 can
Tomato puree	5 lbs.	2 qts.
Meat stock*	—	1 gal.
Sugar	4 oz.	½ cup
Garlic	—	1 clove
Bay leaves	—	4 leaves
Cloves, whole	—	1 Tbsp.
Pepper	—	1 Tbsp.
Salt	1 oz.	2 Tbsp.
Butter, melted or fat	1½ lbs.	1½ pt.
Flour	1 lb.	1 qt.

* Recipe No. 6.

No. 114 CHOCOLATE SAUCE

Preparation time, exclusive of chilling: 45 minutes.

1. Add chocolate to milk and water and heat over boiling water until melted.
2. Beat until blended.
3. Mix cornstarch, sugar and salt throughly.
4. Add to chocolate mixture, stirring well.
5. Add corn syrup and blend.
6. Cook over boiling water 15 minutes.
7. Remove from heat.
8. Add butter and vanilla.
9. Cool.

Suggestions for Leftovers

May be made in advance and stored in the chill-box until needed.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	3 lbs.	6¾ cups
Chocolate, grated*	1 lb. 6 oz.	5½ cups
Water	—	2 cups
Syrup, corn	1¾ lbs.	2½ cups
Milk, evaporated	—	4 No. 1 cans (7 cups)
Vanilla	¾ oz.	1½ Tbsp.
Salt	—	1 tsp.
Butter	4 oz.	½ cup
Cornstarch	5⅓ oz.	1 cup

* Cocoa may be substituted.

No. 115 CHEESE SAUCE

1. Prepare white sauce.
2. Grate cheese or put through meat grinder.
3. Add cheese, mustard, and paprika to hot white sauce.
4. Remove from heat and stir until cheese is melted and smoothly blended.
5. Serve hot with egg dishes, vegetables, hamburgers and boiled or poached fish.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Medium white sauce*	—	1 gal.
Cheese, American, grated	2 lbs.	2 qts.
Mustard, dry	—	4 tsp.
Paprika	—	4 tsp.

*Recipe No. 116.

No. 116 CREAM OR WHITE SAUCE

1. Blend fat and flour to a smooth paste. Stir rapidly into hot milk and water. Cook until thickened, stirring constantly. Stir in salt and pepper.

NOTE (1): *1 gallon will require cooking from 7 to 10 minutes. Larger quantities require a longer cooking period.*

NOTE (2): *Meat stock, vegetable cooking water and liquid drained from canned vegetables may be used in place of milk. Liquid drained from canned salmon or tuna fish may be used in place of part of milk.*

VARIATIONS

Bechamel Sauce . . . Substitute well seasoned chicken or veal stock for evaporated milk and water in medium white sauce. If desired, add 1 tsp. thyme, 2 bay leaves (to 1 gallon of stock). Strain and serve with croquettes or meats.

Mock Hollandaise Sauce . . . For 1 gallon of medium white sauce, use 24 (1 pt.) egg yolks slightly beaten. Add small amount of sauce to eggs, beating well. Add to remaining sauce and mix thoroughly. Then add 1 cup lemon juice and 2 tsp. paprika, a little at a time, stirring constantly. Serve at once.

NOTE: *Keep mixture over hot (not boiling) water until ready to use.*

Brown Sauce . . . Substitute meat stock for evaporated milk and water in medium white sauce. Brown flour in fat before adding stock in order to give the sauce a rich brown color.

Bouillon Cube Beef Base Gravy . . . Substitute beef concentrate (4 oz. will make 1 gallon liquid) for meat stock used in Brown Sauce Recipe.

Onion Gravy . . . To 1 gallon of brown sauce, add 1 pound of sliced onions that have been fried to a golden brown.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
THIN (for creamed soups)		
Fat, melted	8 oz.	1 cup
Flour, sifted	4 oz.	1 cup
Salt	1 oz.	2 Tbsp.
Pepper, white	—	1 tsp.
Milk, evaporated	—	5 No. 1 cans 2 qts.
Water, for milk	—	2 qts.
MEDIUM (for creamed vegetables)		
Fat, melted	14 oz.	2 cups
Flour, sifted	7 oz.	1¾ cups
Salt	1 oz.	2 Tbsp.
Pepper, white	—	1 tsp.
Milk, evaporated	—	5 No. 1 cans 2 qts.
Water	—	2 qts.
THICK (for escalloped dishes)		
Fat, melted	1½ lbs.	3 cups
Flour, sifted	12 oz.	3 cups
Salt	1 oz.	2 Tbsp.
Pepper, white	—	1 tsp.
Milk, evaporated	—	5 No. 1 cans 2 qts.
Water	—	2 qts.

Vegetable Gravy . . . Yield: 1½ gals. To 1 gallon of brown sauce add:
1 lb. each of cooked chopped onion, diced celery, diced carrots, cooked peas.

Suggestions for Leftovers

White sauce may be made in advance and stored in chill-box until needed. Should be used within 3 to 4 days.

No. 117 SPICE SAUCE

1. Mix together onions, stock (or water), Worcestershire sauce, catsup, sugar, mixed spices, and vinegar.
2. Heat to boiling temperature. Cook 5 minutes. Strain.

NOTE: *An excellent sauce for meats.*

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 1½ gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, finely chopped	1 lb.	¾ qts.
Meat stock or water	—	1 gal.
Worcestershire sauce	—	1 cup
Catsup	—	1 pt.
Sugar	8 oz.	1 cup
Mixed spices	1 oz.	4 Tbsp.
Vinegar	—	½ gal.

No. 118 SAVORY BROWN GRAVY OR PAN GRAVY

1. Drain meat drippings. Remove fat to combine with flour. Save drippings for Step 5.
2. Heat stock.
3. Blend fat and flour well. Cook until flour is browned, stirring constantly.
4. Combine stock and drippings, if any.
5. Add stock slowly, stirring constantly. Bring to boiling point, cook until thickened and smooth, reduce heat and simmer 10 minutes.
6. Add salt and pepper. Strain. Serve hot with meats.

VARIATIONS

Cream Gravy . . . Use 2 quarts of milk and 2 quarts of water in place of 1 gallon of meat stock.

Onion Gravy . . . Add 5 pounds peeled and sliced onions to fat and fry slowly until golden brown.

YIELD: 2 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Fat from meat drippings melted	1 lb.	2 cups
Flour	1 lb.	4 cups
Meat stock*	—	2 gallons
Salt	1 oz.	2 Tbsp.
Pepper	—	2 tsp.

*Recipe No. 6.

Suggestions for Leftovers

Cool, place in small container and store in chillbox. Reheat and serve.

No. 119 STEAK BUTTER SAUCE

1. Beat butter until creamy.
2. Add onions, lemon juice, salt and pepper. Mix thoroughly.

NOTE: *Serve with steaks, chops.*

VARIATION

Steak Butter Sauce II . . . Prepare Steak Butter I omitting minced onions. Substitute 4 ozs. parsley, chopped.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: approximately 1½ quarts		
INGREDIENTS	WEIGHTS	AMOUNTS
Butter	2 lbs.	1 qt.
Onions, minced	8 oz.	1½ cups
Lemon juice	—	1½ pts. (4 lemons)
Salt	1 oz.	2 Tbsp.
Pepper, white	—	½ tsp.

No. 120 DRAWN BUTTER SAUCE

1. Mix melted butter and flour; stir until smooth.
2. Add hot water. Heat to boiling point; boil until slightly thick, stirring occasionally. Simmer for 10 minutes.
3. Add salt and pepper.

NOTE: *Serve hot with vegetables.*

VARIATIONS

Egg Sauce . . . Add 10 chopped hard-cooked eggs to recipe for drawn butter.

Parsley Sauce . . Add 2 cups minced parsley to recipe for drawn butter sauce just before serving.

Lemon Sauce . . . Add 1 cup lemon juice to recipe for drawn butter sauce just before serving.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Butter, melted	1 lb.	1 pt.
Flour, sifted	8 oz.	1 pt.
Water, boiling*	—	1 gal.
Salt	¾ oz.	1½ Tbsp.
Pepper, white	—	1 tsp.

*Vegetable juice may be used instead of water.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

No. 121 CREAM CHICKEN GRAVY

1. Have drippings from roasting or frying chickens ready.
2. Blend fat and flour together.
3. Combine chicken stock, milk and water. Heat to boiling temperature.
4. Stir stock slowly into fat and flour. Cook 10 to 15 minutes or until thickened and smooth. Stir constantly.
5. Add salt and pepper. Stir.
6. Serve hot with chicken, croquettes, noodles or rice.

VARIATIONS

Giblet Gravy . . . Add cooked giblets* finely chopped to above chicken gravy recipe.

*Cook giblets with celery and onions until well done. Use stock in liquid for gravy.

Suggestions for Leftovers

Cream of Chicken Soup; Creamed Chicken and Ham Scallop.

YIELD: 2 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Fat from chicken drippings, melted	1 lb.	1 pt.
Flour, sifted	1 lb.	1 qt.
Salt	1 oz.	2 Tbsp.
Pepper, optional	—	2 Tbsp.
Milk, evaporated	—	2 No. 14½ cans (1 qt.)
Chicken stock	—	4 qts.

No. 122 MUSTARD SAUCE

1. Mix thoroughly the mustard, sugar, flour, and salt.
2. Stir in ½ of the water. Heat to boiling temperature. Cook 5 minutes or until thickened, stirring constantly.
3. Heat remaining water to boiling temperature. Mix with vinegar and stir into mustard mixture. Heat to boiling temperature. Stir in butter.
4. Simmer for 5 minutes or until slightly thickened, stirring frequently.
5. Serve with variety meats, cured meats, or fish.

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 1 gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Mustard, dry	7 oz.	1 pt.
Sugar	1 lb.	1 pt.
Flour	8 oz.	1 pt.
Salt	2 oz.	¼ cup
Water, cold	—	1 gal.
Vinegar	—	1 qt.
Butter or other fat, melted	2 oz.	¼ cup

No. 123 RAISIN SAUCE FOR MEATS

1. Combine water and cloves. Heat to boiling temperature. Cook ten minutes. Strain.
2. Add raisins to this water. Allow to cook for 5 minutes.
3. Mix sugar, flour and salt. Stir into water and mix until smooth.
4. Heat to boiling temperature. Cook 10 minutes or until thickened.
5. Remove from heat. Stir in butter, lemon juice, and catsup.

NOTE: ***Serve hot with baked ham or tongue.***

Suggestions for Leftovers

Cool, place in small container, store in chill-box. Reheat and serve.

YIELD: 1½ gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Water, boiling*	—	1 gallon
Cloves, whole	—	2 Tbsp.
Raisins, seedless	2¼ lbs.	2 qts.
Sugar, brown	2 lbs.	1½ qts.
Flour, sifted	8 oz.	1 pt.
Salt	½ oz.	1 Tbsp.
Butter	8 oz.	1 cup
Catsup	—	1½ cups
Lemon juice	—	1 cup

*Fruit juice may be used as part of water content.

No. 124 TARTAR SAUCE

YIELD: approximately ½ gallon		
INGREDIENTS	WEIGHTS	AMOUNTS
Mayonnaise	4 lbs.	½ gal.
Olives, pitted, chopped*	—	½ cup
Pickles, finely chopped	9 oz.	1½ cups
Onions, finely chopped	1½ oz.	¼ cup
Parsley, finely chopped	1 oz.	¼ cup

*Dill pickles can be used instead of olives.

1. Combine olives, pickles, onion and parsley. Stir into mayonnaise. Mix well.

NOTE: *Serve with fried fish or sea food.*

Suggestions for Leftovers

Store in chill-box until needed. Keeps well.

No. 125 CREOLE SAUCE OR SPANISH SAUCE

YIELD: 3 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Salt pork, diced	1 lb.	1 pt.
Onions, chopped	2 lbs.	2 qts.
Peppers	2 lbs.	2 qts.
Celery, diced	2 lbs.	2 qts.
Bay leaves	—	3 leaves
Cloves	¼ oz.	—
Tomatoes	12¾ lbs.	(6½ qts.) 2 No. 10 cans
Meat stock or water	—	1 gal.
Sugar	8 oz.	1 cup
Flour, sifted	3 oz.	¾ cup
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.
Fat, melted	3 oz.	½ cup

1. Dice pork, chop onions and celery.
2. Fry salt pork 5 to 10 minutes or until well browned.
3. Add celery and onions and fry about 15 minutes. Add tomatoes and meat stock or water.
4. Mix flour and melted fat; stir until smooth. Add to onion and tomato mixture. Heat to boiling point; boil 2 minutes, stirring constantly. Reduce heat, let simmer 30 minutes.
5. Add salt, pepper and seasonings. Mix well.
6. Serve hot with meats, fish, poultry or egg dishes.

VARIATIONS

Creole Sauce with Mushrooms . . . Prepare recipe for creole sauce omitting celery and substituting 2 lbs. diced mushrooms.

Suggestions for Leftovers

Cool, place in small container and store in chill-box. Reheat and serve. Creole Sauce keeps perfectly for 5-6 days.

No. 126 MINT SAUCE

PORTION: 2 Tbsp. per person SERVINGS: 100		
INGREDIENTS	WEIGHTS	AMOUNTS
Mint, extract*	1 oz.	2 Tbsp.
Water	—	½ gal.
Sugar	1 lb. 8 oz.	1½ pts.
Vinegar	—	¾ gals.

*See variation.

1. Combine mint extract, water and sugar. Mix.
2. Add vinegar. Serve sauce hot with lamb.

NOTE: *If vinegar is too strong, dilute it with water.*

VARIATIONS (100 servings)

If mint extract is not available, use 3 ounces dried mint leaves, steep in ½ gallon of boiling water, 3 to 5 minutes. Combine with sugar and vinegar. Strain and serve.

Suggestions for Leftovers

Cool, place in small container and store in chill-box. Reheat and serve.

No. 127 BARBECUE SAUCE

YIELD: 2 gals.		
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, chopped	1½ lbs.	4½ cups
Fat, melted	1 lb.	2 cups
Flour, sifted	4 oz.	1 cup
Mustard, prepared	8 oz.	1 pt.
Cloves, ground	¾ oz.	3 Tbsp.
Salt	2½ oz.	5 Tbsp.
Pepper	½ oz.	1¾ Tbsp.
Sugar, brown	8 oz.	1½ cups
Vinegar*	—	2 qts.
Stock**	—	2 qts.
Catsup	—	1 No. 10 can 3¼ qts.
Worcestershire sauce	—	1 pt.

*Juice of sweet pickles may be used in place of vinegar.
**Recipe No. 6.

1. Chop onions.
2. Cook onions in fat until clear and tender.
3. Mix flour, mustard, cloves, salt, pepper and sugar. Stir mixture into onions and fat.
4. Add vinegar, stock, catsup and Worcestershire sauce. Stir. Heat to boiling temperature and let simmer 15 minutes.

NOTE: ***Barbecue Sauce may be served with all kinds of meats.***

Suggestions for Leftovers

Cool, place in small container and store in chill-box. Reheat and serve.

Vegetable Recipes

Vegetables are especially important because they furnish vitamins and minerals as well as "roughage," color and flavor to the meal. The many types, methods of preservation and ways of serving assure a wide variety of choice where selecting the vegetable dishes for the day's menu.

Types of Vegetables

Green vegetables include the leafy vegetable (like lettuce), green beans, peas, broccoli and Brussels sprouts. The green coloring is partially soluble in water and is destroyed by long cooking and by acid. Do not use soda, even though it sometimes brightens the color, as it reduces the amount of vitamins and tends to make the vegetables "mushy." Cook green vegetables uncovered, as quickly as possible, and serve as soon as they are tender.

Spinach and cooked leafy greens are most appetizing when served with slices of hard-cooked eggs.

Yellow vegetables include carrots, corn, rutabagas or yellow turnip, squash and sweet potatoes. The color pigment is not affected by water or heat. All except rutabagas may be cooked covered in a small amount of water, and only until tender. Rutabagas are preferably cooked uncovered because of their strong flavor.

White vegetables include both the strong-flavored (white cabbage, cauliflower and onions) and mild flavored (Irish potatoes). The white pigment of strong-flavored vegetables is soluble and turns yellow with prolonged cooking.

Red vegetables include beets and red cabbage. The red coloring is soluble in water. Acid will "fix" the color without harming nutritive content, so about 1 tablespoon lemon juice or vinegar is usually added to each quart of water. Beets are cooked with their skins and stem ends left on to prevent "bleeding" or loss of color.

Fresh vegetables that are to be eaten raw should be picked over, washed and crisped. A brief preliminary soaking in salted water helps to draw out insects in tightly "headed" vegetables. Prolonged soaking wilts vegetables and affects the flavor.

Canned, Quick-Frozen, Dried and Dehydrated Vegetables

The variety of forms in which vegetables are stored on board our vessels permits in-season and out-season vegetables to be enjoyed throughout the year and during an entire voyage.

Canned vegetables have been cooked in the container and need only *reheating to boiling temperature* before serving. When scheduling canned vegetables on the Cook's Work Sheet remember that this reheating takes very little time. Don't allow canned vegetables to overcook and lose food value, appearance and flavor. Retain the liquid from canned vegetables for use in soups, sauces and gravies.

Quick-frozen vegetables have the appearance and flavor of fresh vegetables and have been carefully cleaned and trimmed so that they are ready for cooking. Quick-frozen vegetables can be prepared faster than any other type of vegetables as they have been blanched before freezing. See directions under "quick-frozen vegetables."

Dried vegetables include white beans, navy beans, kidney beans, lima beans, colored beans and blackeye peas. These are used in soups

and can be simmered or baked, mixed with meat, made into salads, or served alone as a vegetable.

Dehydrated vegetables need to be reconstituted. Full directions for reconstituting and recipes for cooking these are given in the section on "Dehydrated Foods."

Fresh Vegetables

Fresh vegetables should be picked over and scrubbed regardless of whether they are to be eaten raw or cooked.

Some vegetables are pared before cooking, others afterwards. There is a great advantage in peeling *after* cooking as it is easier to remove the skin only and leave the under-part of the peeling for eating. On the other hand, it is very difficult to pare raw vegetables thin enough to leave this vitamin-rich mealy surface intact. Slicing or dicing vegetables may shorten the cooking period, but it results in additional loss of vitamins in the cooking process. When it is necessary to keep fresh vegetables for some time, they may be parboiled for a few minutes to prevent changes, then cooked when ready for use.

Fresh vegetables often require various kinds of preliminary preparation, depending on how they are to be cooked. A few helpful hints in preparing common vegetables are:

CABBAGE heads should be washed and outer leaves removed.

To prepare for boiling, cut heads into four or six wedges (depending upon size) through center, then cut off core (center stalk).

To shred into long shreds, slice thin on slicing machine or with knife. For short fine shreds, rub wedge on coarse (large-holed) grater.

CARROTS—***To clean by hand,*** wash and scrape young, slender carrots with the edge of a paring knife. Scrape along the length as carrot is turned. Cut off green end. Thick carrots may be peeled and shaved with an apple or potato parer. Wash again after scraping or peeling.

To clean by electric peeler, operate the peeler the same as for potatoes. Do not overload the machine. Do not leave the carrots in the running peeler any longer than necessary to produce a bright, clean surface on the carrots.

NOTE: ***Carrots do not have to be stored in water after peeling.***

To shred, use coarse-holed grater and rub end of carrot on the grater.

To dice, cut carrot lengthwise in ¼ to ½ inch strips from thick end toward pointed end. Cut again lengthwise at right angles to the first slices. Cutting at right angles to the entire stick in ¼ to ½ inch pieces forms the cubes. Keeping carrot intact until last cutting saves time and handling.

CELERY is prepared by separating outer stalks from the heart of the bunch, trimming off leaves and root ends. Scrub thoroughly with a stiff brush, scraping off bruised or darkened spots.

To dice, cut stalks lengthwise in ¼ or ½ inch strips with point of knife. Then cut several strips crosswise in ¼ or ½ inch pieces.

To cut Julienne, slice stalks lengthwise. To make strips longer, cut slantwise, especially toward the leaf end of the stalk.

Celery seed or ***celery salt*** (made from dried celery and celery seeds) can substitute for fresh celery in a recipe when no fresh celery is available.

When the substitution is in a liquid (soup, stew, etc.) use:

2 teaspoons of celery *seed* to each quart of liquid.

1 tablespoon of celery *salt* to each quart of liquid. (Lower the regular salt content in this case.)

When the substitution is in a solid (meat loaf, croquettes, salad, etc.):

4 teaspoons celery *seed* can substitute for 1 pound of chopped celery.

2 teaspoons celery *salt* can substitute for one pound of chopped celery.

ONIONS should be peeled before using. Cut off both ends. With a paring knife, slip off the first or second dry layer of skin. Cut out soft spots and any blemishes.

To make onion rings, slice peeled onions crosswise every quarter-inch. Each slice will then be a group of rings that may be easily separated.

To mince onions, cut in half lengthwise. Lay halves on flat side. Make thin cuts downward but not all the way through, then slice downward across the cuts.

To extract onion juice, cut onion in half. Grate the surface on fine grater to a juicy pulp. (This need not be strained.) If a small quantity only is needed, scrape cut surface of onion with tip or edge of a spoon.

POTATOES

Peeling with electric peeler:

(a) Start the motor before loading the peeler with potatoes. Loading before the peeler is in motion may strain the motor.

(b) Turn on the water valve. Peelings should be washed away as soon as they are scraped off.

(c) Do not load more than one-half full. Overcrowding will make for uneven peeling.

(d) Time each batch carefully to 1½ or 2 minutes, depending upon the shape of the potatoes and condition of the machine. Overtime means wearing the potatoes down to "marbles."

(e) When potatoes are removed from peeler, drop them into cold water until time to remove the "eyes."

(f) Remove "eyes" with point of parer or knife. Cut out any green or black discolorations in the potato.

(g) Keep potatoes covered with cold water again until ready to use. This prevents potatoes from darkening.

Peeling by hand:

(a) With sharp paring knife or slotted peeler, start at one point and thinly pare the skin making a continuous spiral peel.

(b) Remove "eyes" with point of parer or knife and cut out green or black blemishes.

(c) Keep covered with cold water if they are not to be used immediately.

How to Cook Vegetables

Methods of vegetable cookery include boiling, simmering, broiling, steaming and baking. *Steaming* (in a steamer without added moisture) and *baking* (in a casserole and serving in same dish) are methods which retain most of the minerals and vitamins.

NOTE: *Only fresh cold water brought to boiling temperature should be used for cooking vegetables. Water from hot water faucet is likely to have a bad flavor.*

IMPORTANT: *Cook all vegetables just before serving time. Better appearance and flavor will be obtained and more of the nutrients will be retained if they are served and eaten promptly after preparation. For further information see chapter on "How to Get the Most Out of Food."*

What to Do with Leftovers

In general, leftovers are preferably used in salads to prevent further destruction of the vitamins by a second cooking. Or, vegetables can be pureed with vegetable stock and added to vegetable soup. A leftover vegetable may be combined with a new vegetable, such as leftover onions with canned peas, string beans with cooked carrots, green limas with cooked shredded cabbage, peas with mashed turnips, etc. Serve leftover vegetables creamed or scalloped. Leftover stewed tomatoes can be added to soups, gravies, sauces or casserole dishes.

TIME TABLE FOR COOKING FRESH VEGETABLES

MINUTES

Vegetable	Amount of Water	Cook Covered or Uncovered	In Boiling Water	In Steamer	In Oven
Asparagus (bunched)	Water to cover (except tips)	Uncovered	5-10	12-15	—
Beans, green	Water to cover	Uncovered	25-35	25-35	—
Beans, lima	Water to cover	Uncovered	20-30	20-25	—
Beets, new	Water to cover	Covered	35-60	40-60	60-90
Beets, old	Large amount	Covered	60-120	60-90	90-120
Broccoli	Water to cover (except heads)	Uncovered	15-20	15-20	—
Brussels sprouts	Water to cover	Uncovered	12-20	15-25	—
Cabbage, green (shredded)	Large amount	Uncovered	10-12	8-15	—
Cabbage, wedges	Large amount	Uncovered	10-15	15-20	—
Carrots, new	Small amount	Covered	15-25	15-20	30-45
Carrots, old	To cover	Covered	25-40	30-40	45-60
Cauliflower (broken up)	To cover	Uncovered	10-20	15-18	20-30
Celery	Water to cover	Covered	10-20	10-15	—
Corn	Water to cover	Covered	8-15	12-15	—
Kale	Small amount	Uncovered	20-30	25-30	—
Onions, whole	Large amount	Uncovered	20-25	18-20	40-50
Parsnips	Water to cover	Uncovered	25-35	15-20	—
Peas	Small amount	Uncovered	15-20	15-25	—
Potatoes, sweet	Water to cover	Covered	20-30	25-40	35-60
Potatoes, white	Water to cover	Covered	25-45	25-35	60-120
Rutabagas, cubed	Large amount	Uncovered	30-40	35-45	—
Spinach	Almost no water	Cover first	6-12	6-10	—
Squash, Hubbard	Small amount	Covered	35-45	20	45-90
Squash, summer	Small amount	Covered	20-25	10-15	30-40
Tomatoes	Almost no water	Covered	10-15	10-15	15-20
Turnip, white, cubed	Large amount	Uncovered	25-30	20-25	—

TIME TABLE FOR COOKING FROZEN VEGETABLES

Vegetable	Issue for 100 servings (pounds)	Boiling Salted water* (gallons)	Cooking time (minutes for boiling)
Asparagus	20	2	6-9
Broccoli	17½	to cover	5-7
Brussels sprouts	20	to cover	5-6
Cauliflower	17½	to cover	3-5
Corn	20	1	5-6
Beans, green	20	2	8-13
Beans, lima	20	2	10-13
Peas	20	2	4-6
Spinach	17½	2	4-6
Beans, wax	20	2	8-13

*Use ½ oz. salt for each gallon of water.

Directions for Cooking

FIRST . . .

1. Remove vegetables from carton; cut large frozen blocks into quarters to reduce time required for defrosting and cooking.
2. All vegetables except spinach and corn on the cob may be cooked without defrosting. Keep spinach at room temperature 4 to 6 hours before cooking. Cook corn on the cob only until heated through. Long cooking will soften the cob to sogginess.

THEN . . . According to time on chart:

3. Place vegetables in small amount of boiling water. Stir while thawing to separate the particles.
4. After vegetables are added allow 20 to 30 minutes for water to reach boiling point again. *Count the cooking time from the moment the water reaches the boiling point after the addition of the vegetables.*
5. Cook until tender; avoid over-cooking. (Freezing has already tenderized the vegetable.)
6. Drain vegetables if necessary. Add butter, salt and pepper.

No. 128 BAKED BEANS AND TOMATOES

FIRST . . .

1. Pick over and wash beans thoroughly. Cover with cold water; soak 6 to 8 hours.
2. Add salt (1). Cover and heat to boiling; reduce heat and simmer until tender but not split or mushy. Drain.
3. Slice salt pork. Chop onions.

THEN . . . 4 to 5 hours before serving:

4. Combine onions, molasses, sugar, mustard, paprika, salt (2), vinegar and catsup or puree; mix well with cooked beans.
5. Arrange alternate layers of salt pork and beans in baking pans.
6. Bake in a slow oven (300° F.) 3½ to 4 hours adding hot water as needed.

Suggestions for Leftovers

Bean Soup with Tomatoes; Minestrone Soup.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, raw, Navy	16 lbs.	——
Water	To cover	4 to 5 gals.
Salt (1)	4 oz.	½ cup
Onions, chopped	1½ lbs.	1½ qts.
Molasses	1 lb.	1½ cups
Sugar, brown	8 oz.	1 cup
Mustard, dry	¼ oz.	3¾ tsp.
Salt (2)	6 oz.	¾ cup
Paprika	——	2 tsp.
Vinegar	2 oz.	¼ cup
Tomato catsup or puree	——	2 qts.
Pork, salt, sliced	4 lbs.	——
Water, hot	——	1 gal.

No. 129 BOSTON BAKED BEANS

FIRST . . .

1. Pick over and wash beans thoroughly. Cover with cold water; soak 6 to 8 hours.
2. Add salt. Cover and heat to boiling point; reduce heat and simmer until beans are tender but not split or mushy. Drain.
3. Slice pork and chop onions.

THEN . . . 6 to 7 hours before serving:

4. Combine beans, onions, sugar, salt and molasses; mix well.
5. Place alternate layers of salt pork and beans in baking pans, beginning and ending with salt pork; cover pans.
6. Bake in slow oven (300° F.) for at least 6 hours or as long as possible. Add boiling water as needed during baking.

VARIATIONS (100 servings)

Baked Beans with Ham . . . Substitute 6 pounds diced (½ inch) smoked ham for the salt pork in the recipe for Boston Baked Beans.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, raw, Navy	16 lbs.	—
Water, cold	To cover	4 to 5 gals.
Salt	4 oz.	½ cup
Onions, chopped	1½ lbs.	4½ cups
Sugar, brown	1 lb.	2⅔ cups
Salt	6 oz.	¾ cup
Mustard, dry	1 oz.	5 Tbsp.
Molasses	4 lbs., 2 oz.	1½ qts.
Pork, salt, ¾" squares	6 lbs.	—
Water, boiling	—	1½ gal.

Suggestions for Leftovers

Use in Soup, see (Navy Bean Soup); or in Salad, see (Navy Bean Salad); Frankfurters and Baked Beans.

No. 130 SCALLOPED ASPARAGUS

FIRST . . .

1. Cut off tough part of asparagus stalks. Reserve for soups.
2. Wash asparagus thoroughly. Soak in cold water 15 minutes. Drain.
1. Tie stalk together in bunches of 8-10.

THEN . . . 1 hour before serving:

4. Stand stalks upright in deep kettle. Add fresh boiling salted water to level just below tips. Cover and heat to boiling point. Reduce heat and simmer about 20 minutes or until tender. Drain, remove cord, cut asparagus into 1" pieces.

NOTE: ***Fresh asparagus may be cut into 1 inch pieces before cooking. If this is done cook the tougher parts first and add the tender tips the last 15 minutes of cooking. Use asparagus liquid in soups.***

5. Combine bread crumbs, butter, onions, salt and pepper.
6. Spread ½ crumb mixture on bottom of well greased baking pans.
7. Place asparagus on crumbs.

PORTION: 4 to 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Asparagus, fresh, A.P. or	35 lbs.	—
Asparagus, canned	25¾ lbs.	3¼ gallons (4 No. 10 cans)
Water, boiling	—	To cover
Bread crumbs, coarse	2 lbs.	2½ qts.
Onions, chopped (optional)	6 oz.	1 cup
Salt	1 oz.	2 Tbsp.
Pepper	—	1 tsp.
Milk, evaporated	3 lbs., 10 oz.	4 No. 1 cans

8. Mix milk and 1 quart asparagus liquid. Pour over asparagus.
9. Cover with the remaining crumbs.
10. Bake in moderate oven (375° F.) until thoroughly heated and crumbs are brown.

Suggestions for Leftovers

Scalloped in combination with another vegetable.

No. 131 ASPARAGUS AND CHEESE

FIRST . . .

1. Cut off tough part of asparagus stalks. Reserve for soups.
2. Wash asparagus thoroughly. Soak in cold water for 15 minutes. Drain.
3. Tie stalks together in bunches of 8-10.

THEN . . . 1 hour before serving:

4. Stand stalks upright in deep kettle. Add fresh boiling salted water.
5. Cover and heat to boiling point. Reduce heat and simmer about 20 minutes or until tender. Drain.
6. Heat 2 qts. asparagus liquid to boiling point.
7. Mix melted butter, flour, salt, pepper and mustard together. Add hot liquid. Stir until smooth. Heat to boiling point; boil 2 minutes or until thick, stirring constantly. Add milk. Reheat to boiling point. Remove from heat.
8. Add cheese. Stir until cheese is melted.
9. Add asparagus and heat. Serve on toast.

PORTION: 4 to 5 oz. on 1 slice toast		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Asparagus, fresh A.P. or	35 lbs.	—
Asparagus, canned	25¾ lbs.	4 No. 10 cans (3¼ gallons)
Water, boiling	—	To cover
Butter, melted	8 oz.	1 cup
Flour, sifted	6 oz.	¾ cup
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.
Mustard, dry	—	1 tsp.
Milk, evaporated	5¼ lbs.	6 14-oz. cans (2½ qts.)
Cheese, chopped	2 lbs.	7 cups
Bread, toasted	—	100 slices

Suggestion for Leftovers

Scalloped Asparagus.

No. 132 CABBAGE AND BACON

FIRST . . .

1. Remove and discard outside leaves of cabbage. Cut heads into quarters. Shred. Discard center core. Wash thoroughly.

THEN . . . ½ hour before serving:

2. Add freshly boiling salted water to cabbage and reheat to boiling point; reduce heat and boil gently uncovered, about 10 to 12 minutes or until just tender. Drain.
3. Fry bacon; drain.
4. Prepare Medium White Sauce using bacon fat as part of fat and the cabbage liquid with the evaporated milk; add diced bacon.
5. Pour White Sauce over cabbage just before serving.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cabbage, E.P.	25 lbs.	—
Salt	4 oz.	½ cup
Water, for boiling	—	—
Bacon, diced, raw	8 oz.	1 cup
Medium White Sauce*	—	1 gal.

*Recipe No. 116.

Suggestions for Leftovers

Au Gratin or Scalloped Cabbage; Vegetable Soup.

No. 133 BUTTERED BEETS

START . . . 15 minutes before serving:

1. Cut beets into quarters. Heat in juice. The liquid may or may not be drained before adding butter, salt, sugar and pepper.

Suggestions for Leftovers

Beet Relish; Beet and Onion Salad; Hot Spiced Beets.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beets, E. P. cooked or canned	24 lbs.	4 No. 10 cans
Butter	1 lb.	2 cups
Sugar*	3 oz.	6 Tbsp.
Salt	1 oz.	2 Tbsp.
Pepper	—	¼ Tbsp.

*Optional

No. 134 HARVARD BEETS

START . . . 40 minutes before serving:

1. Mix sugar and cornstarch and then add vinegar. Cook 15 minutes, until clear.
2. Add cooked beets to sauce, and allow to stand in a warm place at back of range 30 minutes or longer.
3. Add butter and salt just before serving.

NOTE: *Serve carefully and do not allow beets to color other foods on plate.*

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beets, E.P. cooked or canned	18 lbs.	4 No. 10 cans
Sugar	12 oz.	¾ cup
Vinegar	2 lbs.	4 cups
Cornstarch	4 oz.	½ cup
Water or beet juice	—	2 qts.
Butter	½ lb.	1 cup
Salt	½ oz.	1 Tbsp.

Suggestions for Leftovers

Cooked Vegetable Salad; Hot Spiced Beets.

No. 135 BUTTERED BROCCOLI

FIRST . . .

1. Remove the large leaves and the tough part of the stalks. Cut deep gashes in the bottom of the stalks.
2. Soak the broccoli in cold salted water (¼ cup to 1 gallon water) about 30 minutes. Drain.

THEN . . . ½ hour before serving:

3. Place broccoli heads up in boiling salted water to cover broccoli within 1 inch of the flowers.
4. Cover with towel or cheese cloth and let boil gently until it is barely tender. (About 15 minutes.)
5. Drain. Butter and serve.

VARIATIONS (100 servings)

Broccoli with Buttered Crumbs . . . Prepare as for Buttered Broccoli through step 4. Combine melted butter with 2 pounds of bread crumbs, brown lightly, then sprinkle over broccoli as served.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Broccoli, E.P.	20 lbs.	—
Salt	2 oz.	¼ cup
Water, for boiling	—	—
Butter	1 lb.	2 cups

Broccoli with Sauces . . . Broccoli is improved by serving with one of the following sauces. Prepare 1 gallon sauce. See Index for Recipe numbers.

Mock Hollandaise
Cheese Sauce
Egg Sauce
Sour Cream Dressing

Suggestions for Leftovers

Cream Soups or Cooked Vegetable Salad.

No. 136 BUTTERED BRUSSELS SPROUTS

NOTE: *If sprouts are wilted remove outer leaves.*

FIRST . . .

1. Cut off the stems. Crosswise gashes may be cut into the stem ends.
2. Soak the sprouts for 15 minutes in cold salted water. (¼ cup salt to 1 gallon water.) Drain.

THEN . . . 15–20 minutes before serving:

3. Drop into rapidly boiling fresh salted water.
4. Cook uncovered until they are barely tender. 15 to 20 minutes will be required. Drain and add butter, mixing carefully.

VARIATIONS (100 servings)

Creamed Brussels Sprouts . . . Prepare the same as for buttered sprouts. Drain and combine with 1 gallon White Sauce just before serving.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Brussels sprouts	25 lbs.	—
Salt	2 oz.	¼ cup
Water, for boiling	—	to cover
Butter, melted	1 lb.	2 cups

Suggestions for Leftovers

Vegetable Soup; Cooked Vegetable Salad; Scalloped or Au Gratin Brussels Sprouts.

No. 137 HOT SPICED BEETS

FIRST . . .

1. Slice beets.
2. Combine vinegar, sugar, salt, pepper, and all but 2 cups of the liquid.
3. Tie spices and onion in cheese cloth; add to vinegar mixture, heat to boiling point; reduce heat and simmer 15 minutes. Allow to stand for 1 hour.

THEN . . . ½ hour before serving:

4. Mix cornstarch with the 2 cups cold beet liquid or water; stir until smooth.
5. Reheat vinegar mixture to boiling point; remove spice bag.
6. Add cornstarch mixture. Heat to boiling; boil 2 minutes, stirring constantly.
7. Reduce heat; add beets and simmer about 10 minutes.

VARIATIONS (100 servings)

Cold Spiced Beets . . . Prepare recipe for Hot Spiced Beets, omitting cornstarch. Allow beets to chill overnight in liquid before serving.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beets, E.P. cooked or canned	18 lbs.	4 No. 10 cans
Vinegar	3 lbs.	1½ qts.
Sugar	1½ lbs.	3 cups
Salt	½ oz.	1 Tbsp.
Pepper	—	¼ tsp.
Cinnamon stick	—	10 2½" sticks
Cloves, whole	¼ oz.	1½ Tbsp.
Allspice, whole	¼ oz.	1½ Tbsp.
Onions*	—	1 whole
Cornstarch	1½ oz.	4½ Tbsp.
Liquid (beet juice)	—	3 qts.

*Optional

Suggestions for Leftovers

Beet Relish; Harvard Beets; Beet and Onion Salad.

No. 138 MASHED TURNIPS

FIRST . . .

1. Wash turnips or rutabagas, pare and slice.
2. Add boiling salted water to turnips. Heat to boiling point; reduce heat and simmer, uncovered about 40 minutes or until tender. Drain.

THEN . . .

3. Mash well.
4. Mix milk and water; heat.
5. Add milk and butter to turnips or rutabagas; heat well. Add salt and pepper.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Turnips or rutabagas A.P.	25 lbs.	—
Salt	3 oz.	6 Tbsp.
Water for cooking	—	—
Milk, evaporated	—	1 No. 1 can
Water, for milk	—	1⅔ cups
Butter	8 oz.	1 cup
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.

No. 139 TURNIPS (Rutabagas) WITH BACON

FIRST . . .

1. Wash turnips, pare and slice. Add salt pork or bacon.

THEN . . .

2. Cover with boiling water. Heat to boiling point; reduce heat and simmer, uncovered, until turnips are tender. Drain.
3. Add salt and pepper.

Suggestions for Leftovers

Cooked Vegetable Salad; Vegetable Soup; Beef Stew.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Turnips, A.P.	25 lbs.	—
Bacon or salt pork, diced	5 lbs.	2½ qts.
Water, for cooking	—	—
Salt	3 oz.	6 Tbsp.
Pepper	—	1 tsp.

No. 140 SPANISH STYLE KIDNEY BEANS

FIRST . . .

1. Pick over and wash beans thoroughly. Cover with cold water; soak 3 to 4 hours.
2. Add salt (1). Cover and heat to boiling point; reduce heat and simmer until tender but not split or mushy.
3. Slice salt pork; chop onions and peppers.

THEN . . . 2½ to 3 hours before serving:

4. Combine remaining ingredients. Add to beans; mix well.
5. Pour into lightly greased baking pans. Cover pans.
6. Bake in moderate oven (350° F.) for 1½ to 2 hours.

NOTE: ***Add hot water during baking if necessary.***

Suggestions for Leftovers

Chile Con Carne; Vegetable Soup.

PORTION: 5-6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, kidney, dry	12 lbs.	—
Water, cold	To cover	3 gals.
Salt (1)	4 oz.	½ cup
Onions, chopped	2½ lbs.	1¾ qts.
Peppers, green, chopped	1½ lbs.	1½ qts.
Tomato puree	6 lbs., 8 oz.	1 No. 10 can
Meat Stock*	—	1 qt.
Pork, salt, ¾" cubes	2½ lbs.	—
Salt	4 oz.	½ cup
Pepper	—	2 tsp.
Paprika	—	1 tsp.

*Recipe No. 6.

No. 141 CREOLE LIMA BEANS

FIRST . . .

1. Pick over and wash beans thoroughly. Cover with cold water; soak 3 to 4 hours.
2. Add onions. Cover and heat to boiling point; reduce heat and simmer until beans are tender but not split or mushy.

THEN . . . 1½ to 2 hours before serving:

3. Fry bacon; drain. Add cooked bacon to beans.
4. Mix stock and tomatoes; heat.
5. Mix flour and bacon drippings to make roux. Add tomato mixture. Heat to boiling point; boil 2 minutes, stirring constantly.
6. Add sugar, pepper and chili sauce. Mix well.
7. Place beans in baking dish. Pour tomato mixture over beans.
8. Cover and bake in moderate oven (350° F.) 40 minutes to 1 hour.

Suggestions for Leftovers

Vegetable Soup or Lima Bean Soup.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, lima, dry	12 lbs.	—
Water, cold	—	2½ gals.
Onions, whole	12 oz.	—
Salt	4 oz.	½ cup
Bacon, sliced	4 lbs.	2 qts.
Meat stock*	—	3 qts.
Tomatoes	12¾ lbs.	2 No. 10 cans
Flour	1½ lbs.	1½ qts.
Sugar	6 oz.	¾ cup
Pepper	—	1 tsp.
Chili sauce	—	1½ pts.

*Recipe No. 6.

No. 142 SIMMERED BEANS (LIMA, KIDNEY, NAVY)

FIRST . . .

1. Pick over and wash beans thoroughly. Cover with cold water; soak kidney or lima beans 3 to 4 hours and navy beans 6 to 8 hours.
2. Slice onions; dice bacon.

THEN . . . 1 hour before serving:

3. Add salt (1) to soaked beans. Cover and heat to boiling point, reduce heat and simmer until tender but not split or mushy.
4. Fry bacon and onions together.
5. Add tomatoes, sugar, salt (2) and pepper. Mix well.
6. Add tomatoes and bacon mixture to beans. Heat to boiling point; reduce heat and simmer about 30 minutes.

Suggestions for Leftovers

Minestrone Soup; Lima Bean Salad; Vegetable Soup; Creole Lima Beans; Ham and Lima Bean Scallop.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, lima, kidney, navy, dry	10 lbs.	—
Water, cold*	—	3 gals.
Salt (1)	4 oz.	½ cup
Bacon, diced ½ inch	1¾ lbs.	—
Onions, sliced	1¾ lbs.	1¾ qts.
Tomatoes	6 lbs., 6 oz.	1 No. 10 can
Sugar	3 oz.	6 Tbsp.
Salt (2)	4 oz.	½ cup
Pepper	—	2 tsp.

*Beans may be cooked in ham stock instead of water. Add ham bones and cook until beans are tender. Remove bones.

No. 143 BAKED LIMA BEANS AND BACON

FIRST . . .

1. Pick over and carefully wash beans. Cover with cold water; soak 3 to 4 hours.
2. Add salt (1). Cover and heat to boiling point; reduce heat and simmer until tender but not split or mushy.
3. Dice bacon, onions, peppers and pimentos.

THEN . . . 2 hours before serving:

4. Combine bacon, onions, green peppers and pimentos; fry until tender.
5. Combine beans, onion and bacon mixture, molasses, salt (2), pepper and mustard.
6. Pour mixture into baking pans. Bake in moderate oven (350° F.) 1½ hours.

NOTE: *Add more water during baking if necessary.*

Suggestions for Leftovers

Frankfurters and Baked Beans; Lima Bean Salad; Navy Bean Soup.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, lima, dry	15 lbs.	—
Water	—	2½ gals.
Salt (1)	4 oz.	½ cup
Bacon, diced	3 lbs.	1½ qts.
Onions, diced	2 lbs.	1½ qts.
Peppers, diced	8 oz.	2 cups
Pimentos, diced	8 oz.	1 cup
Molasses	1 lb., 6 oz.	1 pt.
Salt (2)	4½ oz.	9 Tbsp.
Pepper	—	1 tsp.
Water	—	½ gal.
Mustard, prepared	—	2 Tbsp.

No. 144 SAVORY GREEN BEANS

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, green	——	4 No. 10 cans
Onions, chopped	2 lbs.	1½ qts.
Bacon fat, melted	12 oz.	1½ cups
Sugar	4 oz.	½ cup
Cloves	¼ oz.	1 Tbsp.
Salt	2 oz.	¼ cup
Pepper	——	1 tsp.
Tomatoes	6 lbs., 6 oz.	1 No. 10 can

FIRST . . .

1. Chop onions.

THEN . . . ½ hour before serving:

2. Fry onions in bacon fat until lightly browned.
3. Add sugar, cloves, salt, pepper and tomatoes.
4. Heat to boiling temperature.
5. Heat beans in own liquid to boiling temperature. Drain.
6. Combine beans and tomato mixture just before serving.

Suggestions for Leftovers

Cooked Vegetable Salad; Vegetable Soup.

No. 145 BUTTERED GREEN BEANS

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beans, green, E.P.*	25 lbs.	——
Water	To cover	——
Salt	3 oz.	6 Tbsp.
Butter	1 lb.	1 pt.

*Approximately 26 to 27 lbs. A.P. will be required. Four No. 10 cans (3½ gallons) green beans may be used in place of 25 lbs. fresh beans or 20 lbs. of frosted beans.

FIRST . . .

1. Wash beans thoroughly. Break off stem ends. Cut or break into desired lengths.
2. Add salt to water. Heat to boiling temperature.

THEN . . . 30-40 minutes before serving:

3. Cook beans in boiling water about 30 minutes or until tender.
4. Add butter, allow to melt and serve.

NOTE: ***Try to gauge amount of water so there will be no excess when beans are tender.***

VARIATIONS (100 servings)

Creamed Green Beans . . . Combine green beans with 1½ gallons Medium White Sauce.

Creamed Beans and Celery . . . Prepare 20 lbs. of green beans (or 3 No. 10 cans) as for buttered green beans. Dice 5 lbs. of celery and cook until tender. Combine beans, celery and 1½ gallons of Medium White Sauce. Use liquid drained from beans and celery as the water in white sauce.

Green Beans with Salt Pork (Southern Style) . . . Cook fresh green beans with 2 lbs. of salt pork, bacon rind or ham hocks. Season to taste. Serve with salt pork, ham from hocks or with corn bread.

Suggestions for Leftovers

Cooked Vegetable Salad; Vegetable Soup; Scalloped or Au Gratin Green Beans.

No. 146 BUTTERED CABBAGE

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cabbage, E.P.	30 lbs.	——
Salt	2 oz.	¼ cup
Butter	1 lb.	2 cups

FIRST . . .

1. Remove outside leaves from cabbage.
2. Quarter heads. Remove cores.
3. Soak in cold salted water for 20 minutes. Cut in wedge-shape pieces 1 inch thick.

THEN . . . 20–30 minutes before serving:

4. Cook uncovered in 4 gallons boiling water for 15 minutes. Drain immediately.
5. Butter and salt. Serve at once.

NOTE: ***Cabbage turns dark on steam table if held for a long period of time. Do not cover cabbage during cooking or holding process.***

[Con't. next page]

VARIATIONS (100 servings)

Creamed Cabbage . . . Add 1¼ gallons of Medium White Sauce mixed with ¼ teaspoon of mace.

Scalloped Cabbage . . . Prepare 25 lbs. of cabbage as for creamed cabbage, drain. Arrange cabbage in baking pan. Pour over cabbage 1½ gallons Medium White Sauce, then sprinkle with 2 lbs. of buttered crumbs. Place in oven and heat until crumbs are delicately browned. A thin Cheese Sauce may be substituted for the White Sauce.

Suggestions for Leftovers

Vegetable Soup; Corned Beef and Cabbage; Scalloped Cabbage.

No. 147 RED CABBAGE

NOTE: ***This recipe breaks all previously given rules, for it calls for long slow cooking of red cabbage in a covered kettle. Follow directions carefully.***

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Red cabbage, E.P.	30 lbs.	——
Tart apples	3 lbs.	——
Allspice	½ oz.	2 Tbsp.
Cloves	——	2 tsp.
Sugar	4 oz.	½ cup
Salt	2 oz.	4 Tbsp.
Bacon fat, melted	1 lb., 8 oz.	3 cups
Vinegar	——	1 cup
Water, boiling	——	1½ gal.

FIRST . . .

1. Cut cabbage and remove core and shred. Soak in cold water.
2. Core and cut apples into very thin slices. Cut bacon into small pieces.

THEN . . . 1 to 1½ hours before serving:

3. Fry cut bacon; remove cooked bacon; drain and reserve to add later.
4. Add the cabbage to the boiling water with the bacon fat, apples, vinegar and other seasonings, cover and allow to cook slowly for 1 hour or until thoroughly tender.
5. If all the water has not been absorbed when the cabbage is done, uncover the pot and permit it to evaporate.
6. When ready to serve, stir in the cooked bacon cubes.

NOTE: ***The natural color of red cabbage tends to change toward blue unless the cooking water contains some acid. Lemon juice, vinegar or tart apple is commonly used for this purpose.***

Suggestions for Leftovers

Cooked Vegetable Salad; Corned Beef and Cabbage.

No. 148 BUTTERED ASPARAGUS

PORTION: 3 to 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Asparagus (fresh) A.P. or	35 lbs.	——
Asparagus, canned	25¾ lbs.	3¼ gals. (4 No. 10 cans)
Water	——	To cover
Salt	2 oz.	¼ cup
Butter, melted	1 lb.	1 pt.

FIRST . . .

1. Cut off tough part of asparagus stalks and reserve that part for soups.
2. Wash asparagus thoroughly. Soak in cold water for 15 minutes. Drain.
3. Tie stalks together in bunches of 8-10.

THEN . . . 30-40 minutes before serving:

4. Stand stalks upright in deep kettle. Add fresh boiling salted water to level just below tips.
5. Cover and heat to boiling point. Reduce heat and simmer about 20 minutes or until tender. Drain, remove cord.
6. Add melted butter. Don't break stalks.

VARIATIONS (100 servings)

Asparagus Hollandaise . . . Serve asparagus on buttered toast with Mock Hollandaise Sauce or Cheese Sauce.

Suggestions for Leftovers

Cream of Asparagus Salad; Cooked Vegetable Salad; Asparagus and Cheese; Scalloped Asparagus.

No. 149 BUTTERED SUMMER SQUASH

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Squash, young, summer A.P.	30 lbs.	—
Water, boiling	—	To cover bottom of pan.
Onions, chopped	1 lb.	1½ pts.
Butter	1 lb.	1 pt.
Sugar	2 oz.	¼ cup
Salt	3 oz.	6 Tbsp.
Pepper	—	1 tsp.
Paprika	—	To garnish

FIRST . . .

1. Wash the squash; cut off the ends but do not pare unless very hard. Slice or dice.

NOTE: *Hard or cold squash may be peeled in potato peeler.*

2. Steam or simmer in small amount of water about 20 minutes or until tender.

NOTE: *Summer squash is very watery. It is better steamed than boiled.*

THEN . . . 15 minutes before serving:

3. Saute onions lightly in butter. Add to squash. Add sugar, salt and pepper. Garnish with paprika. Serve hot.

VARIATIONS (100 servings)

Summer Squash Creole . . . Using 20 lbs. squash A.P. prepare the same as for buttered squash. Pour over 1 gallon Creole Sauce. Reheat and serve.

Suggestions for Leftovers

Vegetable Soup or Au Gratin.

No. 150 FRIED SUMMER SQUASH

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Squash, young, summer A.P.	30 lbs.	—
Flour, sifted	1 lb.	1 qt.
Salt	3 oz.	6 Tbsp.
Pepper, white	—	1 tsp.
Eggs, beaten	2 lbs.	2 pts. (20 eggs)
Bread crumbs, dry	2 lbs.	2½ qts.
Fat (for frying)	—	—

FIRST . . .

1. Wash squash; cut ends. Slice without paring.
2. Mix flour, salt and pepper. Dip squash in flour mixture.
3. Dip into beaten eggs; drain well and dip in bread crumbs.

THEN . . . 15 minutes before serving:

4. Fry in deep fat (350° F.) until tender and golden brown. Drain on absorbent paper.
5. Serve at once.

NOTE: *Do not allow to stand before serving. For best results cook almost to order.*

Suggestions for Leftovers: Vegetable Soup or Au Gratin.

No. 151 BAKED HUBBARD SQUASH

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Squash, Hubbard A.P.	36 lbs.	—
Water, boiling	—	To cover
Butter, melted	1 lb.	1 pt.
Salt	3 oz.	6 Tbsp.
Pepper, white	—	1 tsp.

FIRST . . .

1. Wash squash thoroughly.
2. Cover squash with boiling water. Cover and heat to boiling point; boil about 10 minutes to soften skin. Drain.

THEN . . . 1½ hours before serving:

3. Cut squash into halves; remove seeds. Cut halves into 3 inch squares or pieces.
4. Arrange in greased baking pans. Brush with melted butter. Sprinkle with salt and pepper.
5. Bake in a moderate oven (350° F.) about 1 hour or until tender.

VARIATIONS (100 servings)

Mashed Hubbard Squash . . . Cook squash in boiling water or in a steamer about 10 minutes to soften the skin. Drain. Cut in half. Remove seeds. Peel.

[*Con't. next page*]

Cook in small amount of boiling water or steam until soft. Mash in mixer or with potato masher. Add salt, pepper and butter.

NOTE: *If mixture is quite moist, place in greased pans, brush with butter and bake in moderate oven (350° F.) ½ to 1 hour.*

Baked Hubbard Squash and Molasses . . . Prepare squash as in recipe for baked Hubbard squash. Cover each *piece* of squash with 1 Tbsp. of molasses before baking. Add salt and pepper. (About 1½ pints of molasses will be required for 100 servings.)

Suggestions for Leftovers

Baked with Pineapple or Orange Juice.

No. 152 BUTTERED FRESH SPINACH

FIRST . . .

1. Cut off roots and remove coarse stems from the spinach leaves. Soak in cold water to freshen (approximately 1 hour).
2. Wash thoroughly in cold water, lift spinach out of water and repeat washing in tepid water.

THEN . . . 15 minutes before serving:

3. Using a wide kettle, covered, cook spinach in a small amount of water (¼ to ½ gallon) from 6 to 8 minutes.

NOTE: *The amount of water will vary with the amount clinging to the leaves.*

4. Turn spinach 2 to 3 times from top to bottom during the cooking process for even cooking.
5. Lift spinach out of the water and drain.
6. Season with salt and butter. Serve at once.

NOTE: *If spinach is served from the steam-table with a fork rather than a spoon, it will be more attractive.*

PORTION: ½ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Spinach E. P.*	24 lbs.	——
Butter	1 lb.	2 cups
Salt	1 oz.	2 Tbsp.

*Approximately 1⅔ bushels or 30 lbs. A.P. will be required to yield 25 pounds E.P.

VARIATIONS (100 servings)

Frosted Spinach . . . Use 20 pounds of frozen spinach instead of fresh spinach. Allow to defrost before starting to cook, being careful not to prolong the defrosting. Cook immediately.

NOTE: *This is the point of the greatest vitamin loss. The cooking time may vary and require only 4 to 6 minutes. Watch carefully. Finish the same as fresh.*

Spinach with Hot Bacon Dressing . . . Use four No. 10 cans of canned spinach, fresh or frozen spinach. Prepare as above and serve with 2 qts. Hot Bacon Dressing.

Suggestions for Leftovers

Cream of Spinach Soup of Creamed Spinach.

No. 153 BAKED STUFFED TOMATOES

FIRST . . .

1. Wash tomatoes. Cut piece from top of each tomato; scoop out centers. Reserve pulp.

THEN . . . 1 hour before serving:

2. Saute green peppers, onions, parsley and bacon together.
3. Pour butter over crumbs; combine crumbs, green pepper and bacon mixture, salt, pepper, and tomato pulp. Mix well.
4. Fill tomatoes with mixture.
5. Pour just enough water in baking pans to keep it moist during baking. Bake in moderate oven (350° F.) about 20 to 30 minutes or until tender but not soft.

VARIATIONS (100 servings)

Cooked Rice may be substituted for bread crumbs.

Left-over Macaroni and Cheese may also be used as a substitute for bread crumbs.

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	——	100
Peppers, green, chopped	1 lb.	1 qt.
Onions, chopped	8 oz.	1½ cups
Parsley, chopped	1½ oz.	½ cup
Bacon, diced	2 lbs.	2 pts.
Butter	1 lb.	2 cups
Bread crumbs, moist	3 lbs.	6 qts.
Salt	2 oz.	¼ cup
Pepper	——	1 tsp.

Baked Tomatoes stuffed with meat.

Suggestions for Leftovers

Remove skins and use in soups or sauces.

No. 154 STEWED TOMATOES

FIRST . . .

1. Combine tomatoes, onions, sugar, salt, pepper, and butter. Mix well.

THEN . . .

2. Heat to boiling point; reduce heat and simmer 10 minutes.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	25½ lbs.	3¼ gals. 4 No. 10 cans
Onions, chopped*	1 lb.	3 cups
Sugar	12 oz.	1½ cups
Salt	3 oz.	6 Tbsp.
Pepper	—	1 tsp.
Butter	1 lb.	1 pt.

*Optional.

VARIATIONS (100 servings)

Stewed Tomatoes and Celery . . . Heat three No. 10 cans (2½ gals.) tomatoes to boiling temperature. Add 10 lbs. cooked celery, 2 oz. (¼ cup) salt and 1 tsp. pepper. Reheat.

Stewed Tomatoes and Corn . . . Combine three No. 10 cans (2½ gals.) tomatoes and two No. 10 cans (6½ qts.) whole kernel corn, drained. Add 4 oz. (½ cup) salt. Heat to boiling temperature.

Stewed Tomatoes and Hominy . . . Combine three No. 10 cans (2½ gals.) tomatoes with two No. 10 cans (6½ qts.) hominy, drained. Add 4 oz. (½ cup salt). Heat to boiling temperature.

Stewed Tomatoes and Onions . . . Heat three No. 10 cans (2½ gals.) tomatoes to boiling temperature. Add 5 lbs. (1 gal.) cooked onions, quartered or sliced. Add 4 oz. (½ cup) salt. Reheat.

No. 155 SCALLOPED TOMATOES

FIRST . . .

1. Chop onions, cube bread.
2. Combine tomatoes, sugar, salt and pepper.
3. Saute onions lightly in one half of the butter; blend flour into fat.
4. Combine tomato mixture and roux.
5. Pour remaining butter over bread crumbs.

THEN . . . 45 minutes to 1 hour before serving:

6. Arrange alternate layers of tomato mixture and crumbs in well greased baking pans, finishing with crumbs.
7. Bake in moderate oven (350° F.) 30 to 40 minutes.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	25½ lbs.	3¼ gals. 4 No. 10 cans
Sugar, granulated	12 oz.	1⅔ cups
Salt	1½ oz.	3 Tbsp.
Pepper	—	1 tsp.
Flour, sifted	6 oz.	1½ cups
Onions, chopped	8 oz.	1½ cups
Bread, cubed	3 lbs.	6 qts.
Butter, melted	1 lb.	1 pt.

Suggestions for Leftovers

Vegetable Soup; Meat Loaf; Beef Pot Pie.

No. 156 GRILLED TOMATOES

FIRST . . .

1. Wash tomatoes; cut into halves.

THEN . . . 30 minutes before serving:

2. Place on well greased baking pans. Brush with melted butter or French dressing.
3. Sprinkle with salt and pepper.
4. Bake in moderate oven (350° F.) about 20 minutes, or until thoroughly heated but not soft.

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	—	100
Butter, melted	2 lbs.	1 qt.
or French dressing	—	1 qt.
Salt	3 oz.	6 Tbsp.
Pepper	—	1 tsp.

Suggestions for Leftovers

Remove skin, use in combination with another vegetable, soups, sauces or gravies.

No. 157 BAKED TOMATOES

FIRST . . .

1. Wash tomatoes. Slice top off each tomato.

THEN . . . 1 hour before serving:

2. Place tomatoes in baking pan. Sprinkle salt, pepper, sugar and bread crumbs over tomatoes. Place small piece of butter on top.
3. Pour just enough water in the pan for moisture during baking. Bake in a moderate oven (350° F.) until tomatoes are tender.
4. Serve hot.

NOTE: *Tomatoes may be cut in halves and baked in a similar manner.*

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes A.P.	—	100
Water	—	for bottom of pan
Bread crumbs	2 lbs.	—
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.
Sugar	8 oz.	1 cup
Butter	1 lb.	2 cups

Suggestions for Leftovers: Remove skins and use in Soup, Sauces or in combination with another vegetable.

No. 158 BAKED SWEET POTATOES AND APPLES

FIRST . . .

1. Wash sweet potatoes; pare and cut into crosswise slices ¼ inch thick.
2. Cover sweet potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer until tender. Drain.

THEN . . . 1 hour before serving:

3. Arrange potato slices overlapping one another in well greased baking pans.
4. Sprinkle with salt and ½ the sugar.
5. Cover potato slices with a layer of sliced apples.
6. Sprinkle apples with remaining sugar. Place pieces of butter on top of apples.
7. Bake in moderate oven for 40 minutes (350° F.) or until apples are tender.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, sweet A.P.	32 lbs.	—
Salt	2 oz.	4 Tbsp.
Water, boiling	—	To cover
Sugar, brown	2½ lbs.	3¾ pts.
Apples, tart, sliced, peeled	8 lbs.	—
Butter	8 oz.	1 cup

VARIATIONS (100 servings)

Baked Sweet Potatoes with Apples and Raisins . . . Add 2 pounds raisins to recipe for baked sweet potatoes and apples. Bake in the same manner.

Baked Sweet Potatoes and Pineapple . . . Substitute 4 No. 2 cans of diced or sliced pineapple for apples in recipe for baked sweet potatoes and apples. Reduce brown sugar to 1¼ lbs.

No. 159 HOT SAUERKRAUT

START . . . 45 minutes before serving.

1. Heat sauerkraut to boiling point in liquid from can. Reduce heat and simmer about 30 minutes.
2. Drain part of the liquid from the sauerkraut; add butter and salt. Serve hot.

PORTION: 3½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Sauerkraut, canned	—	4 No. 10 cans
Butter	8 oz.	1 cup
Salt	2 oz.	4 Tbsp.

VARIATIONS (100 servings)

Canned Sauerkraut is good alone, but for variety one of the following additions may be made before heating Add 1 lb. sliced onions and 4 bay leaves. Add 1 lb. sliced apples and 2 cups of vinegar. Sauerkraut may be sauteed with ham or bacon drippings instead of simmered.

Diced bologna or sliced frankfurters may be added to sauerkraut.

Suggestions for Leftovers

As a Garnish for Spare Rib; Ham Hocks or Fresh Pork.

No. 160 MASHED SWEET POTATOES

FIRST . . .

1. Wash sweet potatoes; pare.
2. Cover sweet potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer until tender. Drain, save potato water for evaporated milk.

THEN . . . 15 to 20 minutes before serving:

3. Mash well.
4. Mix evaporated milk and potato water; heat.
5. Add milk, butter and sugar to potatoes; beat well. Add salt and pepper; mix well.

NOTE: ***Amount of milk and water is variable, depending on dryness of potato.***

6. Serve hot, dipping from bottom of container.

VARIATIONS (100 servings)

Sweet Potato Puff . . Prepare as for mashed. Pile lightly in well greased baking dish and bake in hot oven (400° F.) until brown.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, sweet A.P.	40 lbs.	——
Salt	2 oz.	4 Tbsp.
Water, boiling	——	To cover
Milk, evaporated	3 14½ oz. cans	——
Water, potato (for milk)	——	1½ pts.
Butter	8 oz.	1 cup
Sugar, granulated	8 oz.	1 cup
Salt	4 oz.	¼ cup
Pepper, white	——	1 tsp.

Suggestions for Leftovers

Sweet Potato Pie; Sweet Potatoes with Mashmallow Topping.

No. 161 BROWNED SWEET POTATOES

FIRST . . .

1. Wash sweet potatoes.
2. Cover sweet potatoes with boiling salted water. Cover and heat to boiling; reduce heat and simmer until tender. Drain. Cool and peel.
3. Cut potatoes into halves lengthwise or into slices crosswise, ¼ inch thick.

THEN . . . 1½ hours before serving:

4. Place in baking pans; sprinkle with sugar, salt.
5. Place pieces of butter or pour melted bacon fat over potatoes.
6. Bake in moderate oven (375° F.) about 30 minutes or until brown.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, sweet A.P.	40 to 50 lbs.	——
Salt	2 oz.	4 Tbsp.
Water, boiling	——	To cover
Sugar, brown	1 lb.	1½ pts.
Salt	2 oz.	4 Tbsp.
Butter or bacon fat	1 lb.	2 cups

Suggestions for Leftovers

Ham Scallop with Apples and Sweet Potatoes.

No. 162 GLAZED SWEET POTATOES

FIRST . . .

1. Wash sweet potatoes.
2. Cover sweet potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer until tender. Drain; cool and peel.

THEN . . . 1½ hours before serving:

3. Cut potatoes into crosswise slices; place slices in well greased baking pans.
4. Mix sugar and boiling water, stirring only until sugar is dissolved. Heat to boiling point; boil without stirring until syrup is formed.
5. Add salt and butter. Pour syrup over potatoes.
6. Bake in moderate oven (350° F.) 30 minutes, basting frequently.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, sweet A.P.	45 lbs.	——
Salt	2 oz.	4 Tbsp.
Water, boiling	——	To cover
Sugar, brown	3½ lbs.	2½ qts.
Water, boiling (for sugar)	——	2 qts.
Salt	½ oz.	1 Tbsp.
Butter	8 oz.	1 cup

NOTE: ***One-half quart corn syrup may be substituted for ½ of the brown sugar in recipe for glazed sweet potatoes. Reduce water to 1 quart.***

Suggestions for Leftovers: Glazed Sweet Potatoes and Apples or Orange.

No. 163 BAKED SWEET POTATOES

FIRST . . .

1. Scrub potatoes thoroughly; dry.
2. Brush skins with fat to keep them soft.

THEN . . . 1 hour before serving:

3. Place in baking pans. Bake in hot oven (450° F.) 45 minutes or until tender. Remove from oven.
4. Prick each potato with a fork or break open to allow steam to escape.

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, sweet, medium size A.P.	—	100
Fat, melted	8 oz.	1 cup

Suggestions for Leftovers

Glazed Sweet Potatoes with Apples or Orange; Browned or Mashed Sweet Potatoes.

No. 164 HOME FRIED POTATOES

FIRST . . .

1. Peel potatoes. Rinse. Slice.
2. Heat fat to frying temperature.

THEN . . . 40 minutes before serving:

3. Add potatoes to hot fat. Sprinkle with salt and pepper. Mix together.
4. Cook over direct heat or in hot oven (450° F.) 20 to 30 minutes until tender and well browned.
5. Turn potatoes occasionally to insure even cooking.

VARIATIONS (100 servings)

Cottage Fried Potatoes . . . Cook potatoes in jackets. Cool. Peel and slice in ¼ inch slices. Cook as for Home Fried Potatoes.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, A.P.	40 lbs.	—
Fat, melted	2 lbs.	1 qt.
Salt	3 oz.	6 Tbsp.
Pepper	—	1½ tsp.

Suggestion for Leftovers

Use in combination with meat.

No. 165 BOILED POTATOES IN JACKETS

FIRST . . .

1. Wash potatoes thoroughly. If desired, potatoes may be pared before cooking.

THEN . . . 30 to 40 minutes before serving:

2. Cover potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer 20 to 30 minutes or until tender. Drain.
3. Allow potatoes to stand uncovered until steam escapes and potatoes are dry and mealy.

NOTE: ***Whole potatoes (peeled or in jackets) are preferable cooked in a steamer. Place potatoes in steamer basket and place baskets in steamer. Lock cabinet. Turn on steam and cook required length of time.***

VARIATIONS (100 servings)

Creamed Potatoes . . . Peel boiled potatoes. Cut into ¾ inch cubes. Combine with 1½ gallons of Medium Cream Sauce. Heat. Paprika or finely chopped pimentos may be added to cream sauce.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white, A.P.	30 lbs.	—
Water	—	To cover
Salt	4 oz.	½ cup

Potatoes Au Gratin . . . Cook potatoes. Peel and dice. Place in greased baking pans. Cover with Cheese Sauce seasoned with 1 tablespoon dry mustard. Sprinkle with 1½ lbs. buttered bread crumbs. Bake in a moderate oven (375° F.) 10 to 20 minutes.

Parsley Potatoes . . . Mix 12 ounces melted butter and 4 ounces chopped parsley. Pour over freshly cooked peeled potatoes, mixing until each potato is coated with butter.

Suggestions for Leftovers

Scalloped or Hash Browned Potatoes; Potato Salad; Potato Leek Soup.

No. 166 POTATOES O'BRIEN

FIRST . . .

1. Wash potatoes; pare and cut into ¾ inch cubes.
2. Cover potatoes with cold water; allow to stand 30 to 45 minutes. Drain; roll in a cloth to dry.
3. Chop green peppers and pimentos.

THEN . . . 20 to 30 minutes before serving:

4. Fry in deep hot fat (350° F.) about 4 to 6 minutes or until brown and tender.
5. Drain on absorbent paper; sprinkle with salt.
6. Fry pimentos and peppers in bacon fat.
7. Combine potatoes, pimentos and pepper just before serving.

NOTE: ***Potato cubes, pimentos and peppers may be baked in the oven instead of fried. Place in baking pans in a small amount of bacon fat. Bake in moderate oven (350° F.) turning frequently for 20-30 minutes.***

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white A.P.	40 lbs.	——
Fat (for frying)	2 lbs.	1 qt.
Salt	3 oz.	6 Tbsp.
Pimentos, chopped*	1 lb.	2 cups
Peppers, green, chopped	1 lb.	4 cups
Bacon fat	8 oz.	1 cup

*If pimentos are not available increase amount of green peppers to 2 pounds.

Suggestion for Leftovers

Use in Browned Beef Hash.

No. 167 FRANCONIA POTATOES

FIRST . . .

1. Wash potatoes; pare and leave whole.
2. Cover potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer 15 to 20 minutes or until tender. Drain.

THEN . . . 30 to 40 minutes before serving:

3. Place in well greased baking pans. Pour melted butter over potatoes; sprinkle with salt and pepper.
4. Bake in hot oven (400° F.) until tender and brown.

NOTE: ***Baste with fat several times during baking.***

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white A.P.	40 lbs.	——
Salt	4 oz.	½ cup
Water, boiling	——	To cover
Butter, melted	2 lbs.	2 pts.
Salt	2 oz.	4 Tbsp.
Pepper	——	——

Suggestions for Leftovers

Hash Browned Potatoes; or in combination with Meats.

No. 168 POTATO CROQUETTES

FIRST . . .

1. Mix potatoes and ⅔ eggs.

NOTE: ***If mixture is too soft to handle, add small amount of sifted flour.***

2. Chill thoroughly.

THEN . . . 30 minutes before serving:

3. Shape potato mixture into 2 ounce croquettes. Dip in remainder of beaten egg. Roll in crumbs.
4. Fry in deep fat (375° F.) 3 to 5 minutes or until brown.
5. Drain on absorbent paper.
6. Serve very hot. May be served with Tomato Sauce.

PORTION: Two 2 oz. cakes		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, mashed*	24 lbs.	——
Eggs, beaten	2½ lbs.	25 (2½ pts.)
Bread crumbs	2 lbs.	2 qts.
Fat, for frying	——	——

*Leftover mashed potatoes may be used.

VARIATIONS (100 servings)

Potato and Onion Croquettes . . . Add 1 pound finely chopped onions sauteed in 1 cup butter or other fat to the potato mixture (use 23 lbs. mashed potatoes) in recipe for Potato Croquettes.

No. 169 SCALLOPED POTATOES

FIRST . . .

1. Peel and thinly slice potatoes.

THEN . . . 1 hour before serving:

2. Place a layer of potatoes in a greased baking pan. Dot with butter, sprinkle with flour, salt and pepper. Repeat until pan is filled.
3. Pour diluted milk over all. Bake in a slow oven (325° F.) until potatoes are tender, 45 minutes to 1 hour.

PORTION 4-5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, A.P., raw	40 lbs.	—
Butter	1 lb.	2 cups
Flour, sifted	1 lb.	4 cups
Salt	4½ oz.	9 Tbsp.
Milk, evaporated	—	3 qts.
Water for milk	—	3 qts.

Suggestions for Leftovers: Cream Soups or Au Gratin Potatoes.

No. 170 HASHED BROWN POTATOES

FIRST . . .

1. Place chopped potatoes in baking pans; pour the fat over potatoes.
2. Sprinkle with salt and pepper.

THEN . . . ½ hour before serving:

3. Fry on top of stove or bake in hot oven (450° to 500° F.) 20 to 25 minutes or until brown, stirring occasionally.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white, cooked, chopped, E.P.	30 lbs.	—
Fat, melted	2 lbs.	—
Salt	3 oz.	—
Pepper	—	—

Suggestion for Leftovers: Use in Browned Beef Hash.

No. 171 BAKED POTATOES

FIRST . . .

1. Select potatoes of uniform size for baking whole so that the cooking period will be the same length for all.
2. Scrub under running water with a stiff brush.
3. Cut out bruised portions, beginning of sprouts, and remains of roots. Dry.

THEN . . . 1½ to 2 hours before serving:

4. Brush skins with fat to keep them soft.
5. Place in baking pans. Bake in hot oven (450° F.) about 1 hour or until tender when pierced. Remove from oven.
6. Prick each potato with a fork or break open to allow steam to escape.

PORTION: 1		SERVINGS:100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white, medium size, A.P.	—	100
Fat, melted	1 lb.	1 pt.

NOTE: *Potatoes may be cut crosswise and lengthwise on the top. Press both ends until potatoes break open. Place piece of butter and sprinkle paprika in opening of each potato.*

Suggestions for Leftovers

Hash Browned Potatoes; Potato Salad; Chicken Pot Pie.

No. 172 FRENCH FRIED POTATOES

FIRST . . .

1. Wash potatoes; pare and cut into long narrow strips.
2. Cover with water; allow to stand 30 to 45 minutes. Drain; roll in a cloth to dry.

THEN . . . 15 to 30 minutes before serving:

3. Fry in deep hot fat (350° F.) about 4 to 6 minutes or until brown and tender.
4. Drain on absorbent paper. Sprinkle with salt.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white A.P.	45 lbs.	—
Fat (for frying)	—	—
Salt	4 oz.	½ cup

NOTE: *Cook potatoes just before serving as they cool very quickly and become soggy.*

No. 173 LYONNAISE POTATOES

FIRST . . .

1. Wash potatoes; pare and cut into ½ inch cubes.
2. Cover potatoes with boiling salted water. Cover and heat to boiling point; reduce heat and simmer 20 minutes or until tender. Drain.

THEN . . . ½ to 1 hour before serving:

3. Fry onions in bacon fat until tender but not brown.
4. Combine potatoes, onions, salt and pepper.
5. Place potato mixture in well greased baking pans. Bake in moderate oven (350° F.) until light brown.
6. Sprinkle parsley over potatoes just before serving.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, white A.P.	40 lbs.	—
Salt	2 oz.	4 Tbsp.
Water, boiling	—	To cover
Onions, chopped	1 lb.	—
Bacon fat	2 lbs.	—
Salt	2 oz.	4 Tbsp.
Pepper	—	1 tsp.
Parsley, chopped (optional)	4 oz.	1¼ cups

Suggestions for Leftovers

Vegetable Soup or in combination with Meats.

No. 174 MASHED POTATOES

FIRST . . .

1. Pare potatoes, quarter and cook until tender for 40 minutes in boiling water to which salt has been added.

THEN . . . 15 to 20 minutes before serving:

2. Drain (reserve liquid for evaporated milk). Set potatoes on stove to dry out and then mash.

NOTE: ***Do not allow potatoes to cool or lumps will result.***

3. Add butter, warm milk, and potato water and more salt if needed.
4. Beat until white and fluffy. More milk may be needed if potatoes are especially dry.
5. Serve piled lightly in neat mounds.

PORTION: ¾ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, A.P.	40 lbs.	—
Boiling water	—	To cover
Salt	4 oz.	½ cup
Butter	1 lb.	2 cups
Potato water, for milk	—	6¾ cups
Milk, evaporated, warm	3 lbs., 10 oz.	4 No. 1 cans (6¾ cups)

NOTE: ***During service, turn potatoes from top to bottom with serving spoon so that top service will not remain cooled off and each serving will be hot.***

No. 175 BLACK-EYED PEAS AND BACON

FIRST . . .

1. Pick over peas and wash. Cover with water; soak 3 to 4 hours. Do not drain. Dice salt pork or bacon.

THEN . . . 1 to 1½ hours before serving:

2. Add boiling water to cover. Add bacon or salt pork. Heat to boiling temperature.
3. Let simmer approximately 30 minutes or until peas are partially tender.
4. Add salt and pepper. Continue cooking until beans are tender but not mush.
5. Serve hot.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, black-eyed, dry	14 lbs.	—
Water, to cover	—	—
Salt	4 oz.	½ cup
Bacon or salt pork, diced	2 lbs.	6 cups
Pepper	—	2 tsp.

Suggestions for Leftovers

Lentil Soup; Vegetable Soup; Hopping John.

No. 176 BUTTERED PEAS

FIRST . . .

1. Heat peas in liquid from can until liquid begins to simmer. This will require approximately 5 to 10 minutes.

NOTE: ***The excess liquid may be used in soup or stock.***

THEN . . . 15 minutes before serving:

2. Drain and butter. Season with salt, pepper (optional) and sugar. Reheat and serve.

VARIATIONS (100 servings)

Creamed Peas . . . Prepare peas as for Buttered Peas, drain and pour over 1 gallon Medium Cream Sauce. Reheat and serve.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, canned	18 lbs.	4 No. 10 cans
Salt	2 oz.	4 Tbsp.
Sugar	2 oz.	4 Tbsp.
Pepper, white	—	1 tsp.
Butter	1 lb.	2 cups

Suggestions for Leftovers

Use in Salads; Cream or Vegetable Soups; or in combination with another vegetable as Onions; Carrots; Turnips; or Celery.

No. 177 BUTTERED PEAS AND CELERY

FIRST . . .

1. Dice celery.
2. Drain peas and reserve liquid for next step.

THEN . . . 20-30 minutes before serving:

3. Combine water and liquid from peas. Heat to boiling.
4. Add celery. Cook 15 minutes or until tender. Drain.
5. Combine peas and celery. Stir in butter and salt. Reheat and serve hot.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, canned	13½ lbs.	3 No. 10 cans
Salt	2 oz.	4 Tbsp.
Celery, diced	8 lbs.	2 gals.
Water, for cooking	—	—
Butter	1 lb.	1 pt.

VARIATIONS (100 servings)

Creamed Peas and Celery . . . Combine peas and celery with 1 gallon Medium Cream Sauce (Use liquid from peas and celery as part of liquid for sauce.) Reheat.

Peas and Diced Turnips . . . Prepare peas as for Peas and Celery; substitute 10 lbs. Diced Turnips E.P. for the celery; season, reheat and serve.

Suggestions for Leftovers

Cooked Vegetable Salad; Soups; Chicken Pot Pie; or as Scalloped Peas and Celery.

No. 178 BUTTERED ONIONS

FIRST . . .

1. Peel onions. Wash, quarter or slice.

THEN . . . 1 hour before serving:

2. Add salt to water. Heat to boiling temperature. Add onions. Cook, uncovered, about 25 minutes or until tender. Drain.
3. Butter and serve. Garnish with paprika or chopped parsley, if desired.

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, E.P.	20 lbs.	—
Salt	3 oz.	6 Tbsp.
Water	—	6 gals.
Butter	1 lb., 8 oz.	1½ pts.

VARIATIONS (100 servings)

Creamed Onions . . . Combine cooked onions with 1 gallon Medium Cream Sauce.

Buttered Sweet Onion Rings . . . Peel Spanish onions. Wash. Slice crosswise in ¼ inch thick slices. Separate into rings before cooking. Cook as for Buttered Onions.

Onions Au Gratin . . . Place cooked, quartered onions in greased baking pans. Cover with 1½ gallons Cheese Sauce. Sprinkle with buttered bread crumbs. Bake in moderate oven (350° F.) for 20 minutes.

Suggestions for Leftovers

Stewed Tomatoes; Vegetable or Creamed Soups; Lyonnaise Potatoes or Carrots.

No. 179 HOPPING JOHN

FIRST . . .

1. Pick over and wash peas thoroughly. Wash rice until no starch remains in water. Slice onions.

THEN . . . 1½ to 2 hours before serving:

2. Cover peas with boiling water. Add ham bones or rind, onions, salt and pepper.
3. Cover and heat to boiling point, boil 1 hour.
4. Place washed rice on top of other ingredients. Add enough water to cover rice.
5. Cover and heat to boiling point; reduce heat and simmer, without stirring, about 30 minutes or until rice is tender.
6. If desired, canned tomatoes may be heated and added to rice and beans. Serve hot.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, black-eyed	5 lbs.	2¾ qts.
Water, for boiling	—	—
Ham bones or rind	4 lbs. (approx.)	—
Onions, sliced	1 lb.	1 qt.
Salt	2 oz.	4 Tbsp.
Pepper	¼ oz.	1 Tbsp.
Rice, raw	5 lbs.	2½ qts.
Tomatoes, canned*	—	1 No. 10 can
*Optional.		

Suggestions for Leftovers

Vegetable Soup; Lentil Soup.

No. 180 BAKED ONIONS WITH TOMATOES

FIRST . . .

1. Peel onions. Wash and quarter.
2. Add 1 Tbsp. of salt to water. Heat to boiling temperature. Add onions. Cook about 25 minutes or until tender. Drain.

THEN . . . 1 hour before serving:

3. Add bay leaves, sugar, celery salt, pepper, remaining salt and cloves to tomatoes. Heat to boiling temperature. Cook about 5 minutes. Remove bay leaves and cloves.
4. Blend together fat and flour. Stir into tomato mixture.
5. Place onions in baking pans. Pour tomato mixture over onions.
6. Bake in moderate oven (350° F.) about 15 minutes or until tender. Serve hot.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	2½ oz.	5 Tbsp.
Water	To cover	—
Onions, E.P.	18 lbs.	—
Bay leaves	—	6 to 8
Sugar	4 oz.	½ cup
Celery salt	1 oz.	3 Tbsp.
Pepper	—	1½ tsp.
Cloves, whole	—	6 to 8
Tomatoes	12 lbs., 12 oz.	2 No. 10 cans (6½ qt.)
Butter or other fat	12 oz.	¾ pt.
Flour	8 oz.	1 pt.

Suggestions for Leftovers: Creole Sauce; Savory Green Beans; Baked Beans and Tomatoes.

No. 181 FRIED ONIONS

FIRST . . .

1. Peel onions and cut into ¼ inch thick slices.

THEN . . . 20 minutes before serving:

2. Add onions to fat and sprinkle with salt.
3. Fry over direct heat or in hot oven (400° F.) until golden brown. Stir frequently to prevent sticking.

NOTE: ***Be sure to drain off excess fat.***

4. Serve hot.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, E.P.	20 lbs.	—
Beef drippings or other fat, melted	2 lbs., 8 oz.	1½ pts.
Salt	3 oz.	6 Tbsp.

Suggestions for Leftovers

Use in Soups, Sauces or Gravies.

No. 182 GLAZED ONIONS

FIRST . . .

1. Peel onions. Leave whole. Wash.
2. Heat fresh water to boiling temperature. Add onions. Cook uncovered about 15 minutes or until partially tender.

THEN . . . 40 minutes before serving:

3. Arrange in baking pans.
4. Mix thoroughly sugar, salt, butter and water to make thin syrup. Pour over onions.
5. Bake in moderate oven (350° F.) about 30 minutes. Baste frequently to insure good glaze and uniform tenderness.

NOTE: ***Pierce onion with fork or small bladed knife to allow steam to escape and prevent onion breaking or bursting while cooking.***

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, small, E.P.	25 lbs.	—
Salt	1½ oz.	3 Tbsp.
Water	To cover	—
Sugar, brown	2 lbs.	3 pts.
Butter or other fat, melted	1 lb., 12 oz.	1¾ pts.
Water, for syrup	—	2½ qts.

Suggestions for Leftovers

Scalloped or Au Gratin.

No. 183 FRENCH FRIED ONIONS

FIRST . . .

1. Peel onions, cut crosswise into ¼ inch slices. Separate slices into rings.

NOTE: ***Let onion rings stand in ice water 10 to 15 minutes to crisp.***

THEN . . . 15-20 minutes before serving:

2. Dip into diluted milk. Drain well.
3. Dredge onions in flour which has been seasoned with salt and pepper.
4. Fry in hot deep fat (350° F.) 5 to 6 minutes or until golden brown.
5. Drain well and serve.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, Spanish, E.P.	18 lbs.	4¼ gals.
Milk, evaporated	2 lbs.	1 qt. (2¼ cans)
Water	2 lbs.	1 qt.
Flour	1½ lbs.	1½ qts.
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.

Suggestions for Leftovers

Chop or grind and use as seasoning in Meat Loaf or Sauces.

No. 184 SIMMERED GREENS AND BACON

FIRST . . .

1. Cut roots from greens. Wash leaves several times to remove all sand. Drain well. Greens may be cut before or after cooking but pieces should be left fairly large.
2. Allow the bacon to simmer in water 20 to 30 minutes or until tender.

THEN . . . 20-30 minutes before serving:

3. Add a small amount of boiling salted water in which the bacon has been cooked, to the greens.

NOTE: ***Vegetable greens require only a small amount of water in addition to the amount clinging to the leaves. Cooking in a small amount helps to retain valuable vitamins and minerals. Reserve liquid drained off cooked greens for soups.***

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Greens or spinach, E.P.*	32 lbs.	—
Salt	2 oz.	¼ cups
Water	—	2 qts.
Bacon	3 lbs.	—
Pepper	—	1 tsp.

*Approximately 40 lbs. A.P. greens will be required to yield 32 lbs. E.P.

4. Heat to boiling and simmer 15 to 20 minutes or until greens are tender. Turn greens several times from top to bottom during cooking. Bacon may be removed or served with the greens. Reheat, drain and serve at once.

[*Con't. next page*]

VARIATIONS (100 servings)

Creamed Greens . . . Omit bacon, prepare greens for cooking and boil in freshly boiled salted water until tender. Prepare 1 gallon Medium White Sauce. Combine with greens, mix and serve.

Suggestions for Leftovers

Puree and use in Soups. May be used Scalloped or Au Gratin.

No. 185 ESCALLOPED EGGPLANT WITH TOMATOES

FIRST . . .

1. Peel eggplant. Cut into ¾ inch cubes. Cook in boiling salted water about 10 minutes or until tender. Drain.
2. Cut bread into ½ inch cubes.

THEN . . . 45 minutes to 1 hour before serving:

3. Fry onions in fat until clear. Add bread and fry until lightly browned.
4. Combine tomatoes, sugar, salt, pepper, eggplant and onion mixture.
5. Place in baking pans. Bake in moderate oven (350° F.) 30 to 40 minutes.
6. Serve hot.

Suggestions for Leftovers

Serve as Au Gratin Eggplant.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	2 oz.	¼ cup
Water	—	To cover
Eggplant, E.P.*	20 lbs.	—
Onions	4 lbs.	¾ gallon
Butter or other fat	1 lb.	1 pt.
Bread, cubes ½"	1 lb.	½ gal.
Tomatoes	12¾ lbs.	2 No. 10 cans
Sugar	2 oz.	¼ cup
Pepper	—	1 tsp.
Salt	1 oz.	2 Tbsp.

*Approximately 26 lbs. A.P. will be needed to yield 20 lbs. E.P.

No. 186 FRIED EGGPLANT

FIRST . . .

1. Peel eggplant. Cut crosswise into ¼ inch slices.
2. Beat eggs slightly. Dilute milk with water and add salt and combine with beaten eggs.

THEN . . . 15 to 20 minutes before serving:

3. Dip eggplant in egg mixture. Drain, then coat thoroughly with bread crumbs.
4. Fry in hot fat at 375° F. 5 to 7 minutes or until golden brown and tender. Drain on absorbent paper. Serve immediately.

NOTE: ***Fry eggplant as near to serving time as possible as eggplant loses its crispness upon standing. Do not let stand on steam table.***

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Eggplant, E.P.*	20 lbs.	—
Eggs	½ lb.	5 eggs (1 cup)
Milk, evaporated	1¾ lbs.	2 14½-oz. cans
Water	—	1 qt.
Salt	3 oz.	6 Tbsp.
Bread crumbs	1½ lbs.	3 qts.

*Approximately 26 lbs. A.P. will be required for 20 lbs. E.P.

Suggestions for Leftovers

Grind and use in combination with meat filling for Pepper or Tomatoes.

No. 187 BUTTERED CORN

FIRST . . .

1. Drain corn.

THEN . . . 15 minutes before serving:

2. Heat corn to boiling temperature.
3. Stir in butter, sugar, salt and pepper.

Suggestions for Leftovers

Vegetable or Cream Soups; Corn Pudding or Fritters and Succotash.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Corn, kernel	17 lbs.	4 No. 10 cans
Butter	1 lb.	1 pt.
Sugar	4 oz.	½ cup
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.

No. 188 SUCCOTASH

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Corn, (frozen)*	10 lbs.	—
Lima Beans, (frozen)*	14 lbs.	—
Water, for boiling	—	—
Butter	1 lb.	1 pt.
Salt	2½ oz.	5 Tbsp.
Paprika	—	½ tsp.
Parsley, chopped	1½ oz.	½ cup

*Canned green limas or kernel corn may be used.

FIRST . . .

1. If frozen vegetables are used, see directions under "Frozen Vegetables." Cook vegetables separately until tender. Avoid over-cooking.

THEN . . . 15 minutes before serving:

2. Drain if necessary. Combine corn and lima beans. Add butter, seasoning and paprika. Sprinkle with chopped parsley. Serve.

Suggestions for Leftovers

Cooked Vegetable Salad; Vegetable Soup.

No. 189 CORN O'BRIEN

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Corn, kernel	17 lbs.	4 No. 10 cans (Drained)
Salt	2 oz.	2 Tbsp.
Bacon, diced, raw	1½ lbs.	3 cups
Peppers, green, chopped	8 oz.	2 cups
Pimentos, chopped	7 oz.	1 cup
Pepper	½ oz.	5½ tsp.

FIRST . . .

1. Drain kernel corn; chop peppers and pimentos; dice bacon.

THEN . . . 20 to 25 minutes before serving:

2. Fry bacon until crisp; add peppers and pimentos, saute until tender; add corn, allow to cook 10 to 15 minutes, stirring frequently to allow even browning.
3. Add salt and pepper. Serve.

Suggestions for Leftovers

Cooked Vegetable Salad or Vegetable Soup.

No. 190 CORN FRITTERS (Whole Kernel Corn)

PORTION: 2 fritters		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Flour	4 lbs.	1 gal.
Baking powder	2⅛ oz.	5⅔ Tbsp.
Salt	2 oz.	¼ cup
Sugar	2 oz.	¼ cup
Eggs, beaten	14 oz.	9 eggs (1 pt.)
Milk, evaporated	2 lbs.	2½ No. 1 cans
Water	—	1 qt.
Shortening	6 oz.	¾ cup
Corn, whole kernel	12 lbs.	3 No. 10 cans (Drained)

FIRST . . .

1. Drain corn. Beat eggs; melt shortening.

THEN . . . ½ hour before serving:

2. Sift flour, baking powder, salt and sugar together.
3. Combine eggs, milk and shortening. Add flour mixture and stir until smooth. Add corn to flour mixture and mix well.
4. Drop by spoonfuls into hot fat (375° F.) and fry 3 to 5 minutes, turning fritters frequently to brown evenly.
5. Drain on absorbent paper. Serve very hot. Serve with syrup or jelly if desired.

NOTE: ***To be crisp, fritters should be fried as needed in small batches and served immediately.***

VARIATIONS (100 servings)

Corn and Ham Fritters . . . Use 4½ pounds cooked, finely chopped ham in place of ¼ of the kernel corn.

Suggestions for Leftovers

Save batter and combine with diced ham or bacon. Offer for breakfast.

No. 191 CORN PUDDING

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Corn, cream style	12¾ lbs.	2 No. 10 cans
Eggs, whole	—	24 eggs
Milk, evaporated	10 lbs.	12 No. 1 cans (5 qts.)
Onion, grated	6 oz.	2 Tbsp.
Salt	2 oz.	¼ cup
Sugar	2 oz.	¼ cup
Cayenne pepper	—	¼ tsp.

START . . . 1 hour and 15 minutes before serving:

1. Beat eggs. Add remaining ingredients.
2. Pour into buttered shallow baking dishes.
3. Bake in slow oven (325° F.) until firm. This will require about 1 hour.

NOTE: *Pan may be placed in a pan of hot water while baking.*

No. 192 CORN FRITTERS (Cream Style)

PORTION: 2 fritters		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Flour	5 lbs.	5 qts.
Baking powder	2½ oz.	6⅔ Tbsp.
Salt	2½ oz.	5 Tbsp.
Sugar	2 oz.	¼ cup
Eggs	1 lb.	10 (1 pt.)
Shortening	8 oz.	1 cup
Corn	12¾ lbs.	2 No. 10 cans

FIRST . . .

1. Sift flour, baking powder, salt and sugar together.

THEN . . . ½ hour before serving:

2. Combine eggs, shortening and corn. Add to flour mixture. Stir until smooth.
3. Drop by spoonfuls in hot deep fat (375° F.) and fry 3 to 5 minutes, turning fritters frequently to brown them evenly.
4. Drain on absorbent paper. Serve very hot. Serve with syrup or jelly, if desired.

NOTE: *To be crisp, fritters should be fried as needed, in small batches, and served immediately. They should not stand on the steam table or in oven.*

Suggestions for Leftovers

Save batter and combine with Diced Ham or Bacon. Offer for breakfast.

No. 193 CORN ON COB

PORTION: 1 ear		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Green corn	—	100 ears
Water, to cover	—	—
Salt	2 oz.	¼ cup
Sugar	4 oz.	½ cup

FIRST . . .

1. Remove the husks and silk from ears of green corn. Trim if necessary.

NOTE: *Green corn should be used promptly and not held longer than absolutely necessary. Husk just before using. Fresh corn loses flavor with each day's storage.*

THEN . . . 5-8 minutes before serving:

2. Drop corn ears one by one into boiling water to which the salt and sugar have been added.
3. Cover the kettle and boil for 5 minutes or until tender.
4. Remove at once from the water and serve.

NOTE: *Do not cook too far ahead, but only as needed.*

Suggestions for Leftovers

Cut off cob and use in Corn Chowder; Corn O'Brien or Corn Pudding.

No. 194 CAULIFLOWER AU GRATIN

FIRST . . .

1. Drain cooked cauliflower. Prepare Medium White Sauce. Chop cheese.

THEN . . . 45 minutes before serving:

2. Add cheese to white sauce and stir until melted.
3. Place a layer of cauliflower in greased baking pans. Pour cheese sauce over the cauliflower.
4. Pour melted butter over crumbs; cover cauliflower and sauce with buttered crumbs.
5. Bake in moderate oven (350° F.) 30 minutes to brown crumbs.

VARIATIONS (100 servings)

Cauliflower with Buttered Crumbs . . . Prepare as for Cauliflower Au Gratin, omitting the cheese.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cauliflower, cooked	17 lbs.	—
Medium White Sauce*	6½ lbs.	3 qts.
American Cheese, chopped	2 lbs.	2 qts.
Butter, melted	8 oz.	1 cup
Bread crumbs	2 lbs.	2 qts.

*Recipe No. 116.

Suggestions for Leftovers

Cream Soups; or in combination with another vegetable in casserole.

No. 195 BUTTERED CAULIFLOWER

FIRST . . .

1. Cover cauliflower with cold salted water; soak heads down 30 minutes. Remove base and stalks and discard. Wash the heads.

NOTE: ***The leaves may be cooked as another vegetable or used in salads.***

THEN . . . 20 to 25 minutes before serving:

2. To boiling salted water add cauliflowerets; boil gently uncovered 15 to 20 minutes or until tender. Drain.
3. Butter. Serve.

NOTE: ***Over-cooking or over-heating will cause discoloring of cauliflower.***

VARIATIONS (100 servings)

Creamed Cauliflower . . . Prepare cauliflower the same as for Buttered Cauliflower. Prepare 1 gallon Medium White Sauce. Pour over cauliflower just before serving.

Cauliflower with Mock Hollandaise Sauce . . . Prepare cauliflower the same as for Buttered Cauliflower. Prepare 1 gallon Mock Hollandaise Sauce. Pour over cauliflower just before serving.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cauliflower, E.P.	20 lbs.	—
Water, for boiling	—	—
Salt	2 oz.	¼ cup
Butter	1 lb.	1 pt.

Suggestions for Leftovers

Cooked Vegetable Salad; Cream Soups; Creamed or Scalloped Cauliflower.

No. 196 BUTTERED CELERY

FIRST . . .

1. Remove leaves. Trim roots and separate stalks. Wash thoroughly.
2. Cut stalks into 1 to 2 inch pieces.

THEN . . . ½ hour before serving:

3. Add salt to water. Heat to boiling. Add celery.
4. Cook 10 to 20 minutes or until tender. Drain. Add butter just before serving.

VARIATIONS (100 servings)

Celery and Corn . . . Prepare 12 lbs. of celery as for Buttered Celery. Drain; combine 2 No. 10 cans corn (kernel) (6½ qts.) with celery. Add butter, reheat and serve.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Celery, E.P.*	24 lbs.	—
Salt	2 oz.	¼ cup
Water, for cooking	—	—
Butter	1 lb.	1 pint

*Approximately 35 lbs. of Celery A.P. will be required to give 24 lbs. E.P.

Suggestions for Leftovers

Cooked Vegetable Salad; Vegetable Soup; in Stews or Creole Sauce.

No. 197 BRAISED CELERY

FIRST . . .

1. Remove discolored leaves and root ends of celery stalk; wash thoroughly. Cut into 1-inch pieces.

THEN . . . ½ hour before serving:

2. Add boiling beef or veal stock to celery. Heat to boiling point; reduce heat and simmer 15 to 20 minutes or until celery is just tender. Drain and reserve stock for next step.
3. Mix flour and melted butter. Add small amount of cold water; stir until smooth. Add slowly to hot celery liquid. Heat to boiling point. Boil 2 minutes, stirring constantly.
4. Add celery, parsley, salt and pepper; mix well.

NOTE: ***The amount of salt and pepper needed will depend upon how much salt and pepper has been added to the meat stock.***

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Celery, E.P.	24 lbs.	—
Beef or Veal Stock*	—	2 gals.
Flour	10 oz.	2½ cups
Butter	8 oz.	1 cup
Parsley, chopped	2 oz.	⅔ cup
Salt	2 oz.	¼ cup
Pepper	—	1 tsp.

*For Beef Stock see Recipe No. 6.

VARIATIONS (100 servings)

Creamed Celery . . . Substitute 1 gallon Medium White Sauce for flour and butter in recipe for braised celery. Use water in which celery was cooked as part of the liquid in the White Sauce.

Suggestions for Leftovers

Cream Soups; or in combination with other vegetables.

No. 198 BUTTERED CARROTS

FIRST . . .

1. Wash carrots. Peel, dice or slice.

THEN . . . ½ hour before serving:

2. Add salt to water. Heat to boiling temperature.
3. Cook carrots in boiling water about 25 minutes or until tender. Drain. Stir in pepper and butter.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Carrots, E.P.*	22 lbs.	—
Sugar	2 oz.	¼ cup
Water, for cooking	—	—
Pepper	—	1 tsp.
Salt	3 oz.	6 Tbsp.
Butter, melted	1 lb.	1 pint

*Approximately 27 lbs. A.P. of carrots will be required to produce 22 lbs. E.P. Four No. 10 cans (3¼ gallons) carrots may be used in place of 30 pounds fresh carrots.

VARIATIONS (100 servings)

Carrots Bechamel . . . Combine 18 pounds cooked carrots, with 1½ gallons Bechamel Sauce.

Glazed Carrots . . . Combine 18 pounds carrots, cooked, with a syrup made of 2¼ pounds brown sugar, 1½ pints boiling water, 1 oz. salt, and 8 oz. butter. Place carrots in baking pan, pour syrup over carrots. Bake in moderate oven (375° F.) about 20 minutes basting frequently with the syrup.

Buttered Carrots and Peas . . . Combine three No. 10 cans (2¼ gallons) peas drained, with 12 pounds carrots, cooked and diced, 1 pound butter and 2 ounces salt. Heat.

French Fried Carrots . . . Clean 30 lbs. carrots A.P. and cut in strips. Cook. Cool. Dip in egg wash. Bread with crumbs. Fry in hot deep fat at 375° F. 3 to 5 minutes. Drain on absorbent paper.

Suggestions for Leftovers

Cooked Vegetable Salad; Chicken or Beef Pot Pie; Vegetable or Creamed Soup.

No. 199 LYONNAISE CARROTS

FIRST . . .

1. Wash carrots. Peel and slice. Slice onions.

THEN . . . 30 to 45 minutes before serving:

2. Add salt to water. Heat to boiling temperature. Cook carrots in boiling water about 10 to 15 minutes or until they are just tender. Drain.
3. Heat melted fat and saute onions in fat until light brown.
4. Combine butter, pepper, parsley and sugar with onions. Mix well. Pour over carrots; mix lightly.

Suggestions for Leftovers

Vegetable Soup; Beef Stew; or in combination with another vegetable such as celery.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Carrots, E.P.	18 lbs.	—
Salt	3 oz.	6 Tbsp.
Water, boiling	—	—
Onions (sliced)	2 lbs.	6 cups
Fat, melted	1 lb.	2 cups
Butter	8 oz.	1 cup
Pepper	—	1 tsp.
Parsley, chopped	3 oz.	1 cup
Sugar	8 oz.	1 cup

No. 200 BUTTERED PARSNIPS

FIRST . . .

1. Peel parsnips. Split and quarter.

THEN . . .

2. Add salt to water. Heat to boiling temperature. Add parsnips.
3. Simmer in boiling water about 30 minutes or until tender. Drain.
4. Add drawn butter sauce and pepper. Serve hot.

NOTE: ***Chopped parsley can be sprinkled over parsnips before serving.***

VARIATIONS (100 servings)

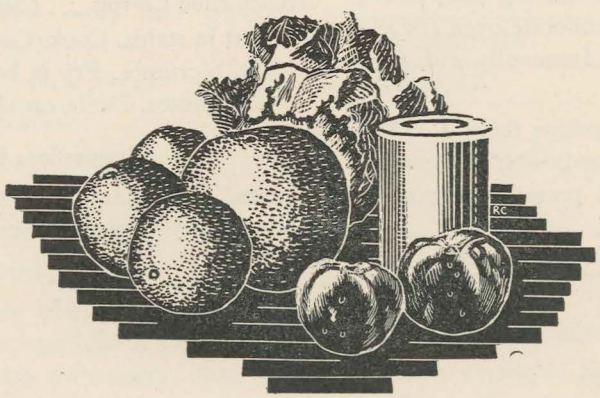
Glazed Parsnips . . . Prepare parsnips as for Buttered Parsnips. Simmer 10 minutes. (They will still be uncooked.) Arrange in baking pans. Add 2 lbs. of brown sugar, 2 qts. liquid reserved from cooking of parsnips, 1 oz. salt, 1½ lbs. butter to parsnips. Bake in a moderate oven (350° F.) about 30 minutes. Baste frequently to insure good glaze and uniform tenderness.

Suggestions for Leftovers

Cooked Vegetable Salad or Vegetable Soup.

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Parsnips	25 lbs.	—
Salt	3 oz.	6 Tbsp.
Water	—	6 gals.
Drawn Butter Sauce*	—	1 gal.
Pepper	—	1 tsp.

*Recipe No. 120.



Cereal Recipes

Cereals and cereal products are mainstays in the American diet because their carbohydrates are excellent sources of energy. The whole-grain cereals and "restored" breakfast foods supply vitamins and minerals. Serving them with milk or fruit—or both—further increases the mineral and vitamin content of the dish and improves the taste.

Breakfast Cereals

Regular breakfast foods include rolled oats, corn meal, cracked whole wheat and others which require complete cooking. They are served hot.

Quick-Cooking Cereals like oatmeal have been partially cooked before packaging and require a relatively short period of additional cooking. They are also served hot.

Prepared or "Ready to Eat" Cereals comprise the packaged, dry cereals made from grains, such as wheat, corn, rice, barley and rye, that have been granulated, flaked, puffed or shredded. They are fully cooked and flavored before packaging, and are served cold with milk, with or without fruit.

Ready-to-eat cereals must be *crisp* to be delicious, but after the package has been opened they absorb moisture and become tough. To freshen, spread on a baking sheet and place in a slow oven for a few minutes. When cooled, the cereal will be crisp.

Rice, Spaghetti, Macaroni, Noodles

These cereal products have about as many calories as breakfast cereals, but less vitamins and minerals. They serve as good substitutes for potatoes when served with other foods, such as cheese, meat sauce, tomato sauce, shrimp Creole, chop suey.

Rice is most frequently used in puddings and desserts, as an addition to soups, and as a substitute for potato on the menu. There are three common forms of rice: brown, polished and coated.

Brown rice is a good source of vitamin B because it retains its light brown bran coat and the germ of the kernel as it was taken out of the hull.

Polished rice has germ and bran coating removed.

Coated rice is polished rice covered with a protective mixture of talc and corn syrup for use in tropical climates. This type of rice is usually provided on vessels and should be *washed thoroughly* before using.

Spaghetti, Macaroni and Noodles are pastes made from wheat flour and water.

To cook rice, spaghetti, macaroni or noodles, drop gradually into actively boiling water. These products swell from two to five times during cooking so a relatively small amount actually makes a large number of servings. Follow recipe accurately.

Rice is the only member of this group that requires rinsing prior to cooking; this is done to remove the loose starch coating. The rice should be washed several times through fresh cold water until the last rinse water is clear; then drained thoroughly before cooking. If separate, fluffy grains are desired, the cooked rice should be thoroughly rinsed, either in hot or cold water, by turning it into a sieve

and letting the water run through it. The sieve should then be placed over boiling water, covered with a clean cloth, and steamed until the grains are fluffy.

Spaghetti or macaroni also needs rinsing after it is cooked if it is important that pieces do not stick together—as in Italian spaghetti or macaroni salad. If it is to be served hot, rinse with hot water; if it is to be chilled for salad, use cold water.

What to Do with Leftovers

Breakfast Cereal may be re-heated and offered at the next breakfast or turned into a pan and allowed to chill well. Then slice, saute to a golden brown (as in Fried Mush). Fried cereal can be a substitute for potatoes with sausage, bacon or luncheon meats.

Rice, noodles, spaghetti and macaroni can be re-heated and used in any recipe calling for the product already cooked.

No. 201 Breakfast Cereals

CEREAL COOKERY — TABLE FOR COOKING CEREALS —100 Servings					
CEREAL	AMOUNT POUNDS	WATER GALLONS	SALT TBSPS.	COOKING TIME MINUTES	APPROXIMATE SIZE OF SERVING
Cornmeal (Regular)	6	6	6	30	6 oz.
Hominy (Regular)	6	6	6	40	6 oz.
Oatmeal (Regular)	6	5	6	20	6 oz.
Wheat Cereal (Regular)	6	5	6	20	6 oz.
Whole Wheat Cereal (Regular)	6	5	6	20	6 oz.
Oatmeal (quick cook)	6	4¾	6	10	6 oz.
Wheat (quick cook)	6	4¾	6	10	6 oz.

Directions for Cooking Cereals:

1. Add salt to water; heat to boiling temperature.
2. Add cereal slowly to boiling water. Heat to boiling point. Reduce the heat and simmer until thick, stirring constantly to prevent lumping. *When large quantities are cooked, lumping may be prevented by adding the cereal to cold water.* Heat to boiling point stirring constantly until mixture thickens.
3. Continue cooking the cereal over low heat until required cooking time is completed. Stir occasionally to prevent sticking and scorching.
4. Hot cooked cereal may be served with milk and sugar. Chopped raisins, seeded dates or chopped dry figs may be added to the cereal a few minutes before serving.

Suggestions for Leftovers

Serve as Fried Cereals and in puddings or muffins.

No. 202 FRIED CORN MEAL MUSH IN BACON

YIELD: 6 lbs.

FIRST . . .

1. Follow directions for cooking breakfast cereals.

THEN . . . Allowing 4 hours for chilling and frying:

2. Pour cooked corn meal, oatmeal or other finely ground cereal into a loaf pan which has been rinsed with cool water.
3. Chill until firm.
4. Turn out of pan.
5. Cut into ¼ inch slices.
6. Dip in flour and saute in fat until crisp and brown on all sides. Corn meal may also be deep fat fried or griddle fried.
7. Serve with crisp bacon.

No. 203 MACARONI OR SPAGHETTI AU GRATIN

PORTION: 1½ cups		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Macaroni*	8 lbs.	3½ gals.
Salt	5 oz.	⅝ cup
Water	—	10 gals.
Cheese	10 lbs.	—
Fat, melted	1 lb.	2 cups
Flour, sifted	8 oz.	2 cups
Salt	4 oz.	¼ cup
Pepper	—	1 tsp.
Mustard, dry	1 oz.	5 Tbsp.
Paprika	1 oz.	3¾ Tbsp.
Milk, evaporated	—	15 No. 1 cans (6¼ qts.)
Water		6½ qts.
Butter	1 lb.	4 cups
Bread crumbs, dry	3 lbs.	3¾ qts.

*or Spaghetti

FIRST . . .

1. Shred cheese, break macaroni into 2-inch pieces.

THEN . . . 1 hour before serving:

2. Add macaroni slowly to boiling salted water; boil 10 to 15 minutes or until tender. Drain well.
3. Mix melted fat, flour, salt, mustard, paprika together. Stir until smooth.
4. Mix milk and water; add to roux. Heat to boiling point; boil until thick, stirring constantly.
5. Place macaroni in well-greased baking pans; cover with shredded cheese.
6. Pour sauce over macaroni and cheese.
7. Butter the bread crumbs and sprinkle crumbs over the top of macaroni.
8. Bake in moderate oven (350° F.) 25 minutes or until crumbs are brown.

NOTE: ***Low temperature prevents tough cheese.***

VARIATIONS (100 servings)

Macaroni Au Gratin with Corn & Bacon . . . Add 2 No. 10 cans Corn (cream style) to cooked Macaroni Au Gratin. Omit buttered crumbs and reduce cheese to 4 pounds. Place strips of bacon on top. Brown in oven the same as the recipe above.

Macaroni Au Gratin with Meat . . . Add 10 to 12 lbs. chopped cooked ham or corned beef to white sauce in recipe for Macaroni Au Gratin. Shredded cheese and buttered crumbs may be omitted.

Macaroni with Buttered Crumbs . . . Prepare macaroni as for Macaroni Au Gratin, omitting the cheese.

Suggestion for Leftovers

Macaroni and Tomatoes with cheese.

No. 204 BOILED SPAGHETTI

PORTION: 7 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Spaghetti	15 lbs.	4¾ gals.
Salt	4 oz.	½ cup
Water		3 gals.

Start ½ hour before serving.

1. Use whole spaghetti. Do not break.

NOTE: ***In cooking spaghetti unbroken, dip the ends of the bunch in boiling water. As you press down they soften so that the entire mass slips into the water.***

2. Add salt after spaghetti has been boiling about four minutes.
3. Cook uncovered, stirring frequently with a fork until a piece rubbed between fingers is tender. The time varies with the spaghetti; usually about nine minutes is sufficient.
4. Remove spaghetti from water and place in colander. Blanch with boiling water. Drain. Add sauce with grated cheese and serve.

VARIATIONS (100 servings)

Meat Balls with Spaghetti.

Meat Sauce with Spaghetti.

Spaghetti Creole . . . Serve boiled spaghetti with Creole Sauce.

Spaghetti with Chicken Livers . . . To 12 lbs. boiled spaghetti add 10 lbs. cooked and chopped chicken livers; 1 lb. butter; 6 oz. salt; 1 oz. pepper. Mix together just before serving. Serve with grated cheese.

Suggestion for Leftovers

Use in any recipe calling for cooked spaghetti.

No. 205 BOILED MACARONI, NOODLES

Start 30 minutes before serving.

1. Add salt to water. Heat to boiling.
2. Stir in macaroni. Reheat to boiling temperature. Stir while boiling begins.

NOTE: *Stir occasionally thereafter to prevent sticking.*

3. Cook about twenty minutes or until the macaroni is tender. Drain well.
4. Combine with Cheese Sauce; Tomato Sauce; or use as desired.

VARIATIONS (100 servings)

Buttered Macaroni or Noodles . . . Drain well. Add 2 lbs. (1 qt.) of melted butter. Serve with meat in place of potatoes.

PORTION: 1½ cups		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	4 oz.	½ cup
Water		8 gals.
Macaroni or noodles	15½ lbs.	5 gals.

Suggestions for Leftovers

Macaroni Au Gratin with Corn and Bacon; Macaroni with Buttered Crumbs; Tomato and Macaroni Soup.

No. 206 MACARONI WITH TOMATOES AND CHEESE

FIRST . . .

1. Shred cheese and break macaroni into 2 to 3-inch pieces.

THEN . . . 1 hour before serving:

2. Add macaroni slowly to boiling water; boil 10 to 15 minutes or until tender. Drain well.
3. Combine tomato puree, water, onions, celery seed, sugar, and pepper. Heat to boiling point; reduce heat and simmer 20 minutes. Strain.
4. Add butter and cheese to hot tomato mixture. Stir until cheese is melted.
5. Combine sauce and macaroni.
6. Place in baking pans. Bake in moderate oven (350° F.) 25 minutes.

PORTION: 1½ cups		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Macaroni*	9 lbs.	2½ gals.
Salt	4 oz.	½ cup
Water, boiling		8 gals.
Tomato puree	12 lbs. 12 oz.	2 No. 10 cans
Water		1½ gals.
Onions, chopped	1 lb.	3 cups
Celery seed		1 tsp.
Sugar, granulated	12 oz.	3 cups
Pepper	½ oz.	5½ tsp.
Butter	12 oz.	1½ cups
Cheese, shredded	4 lbs.	4 qts.

*Noodles or spaghetti may be substituted for macaroni.

No. 207 BOILED RICE

Wash the rice thoroughly three times in clear water so that all the loose starch is removed. Drain.

START . . . 30–40 minutes before serving.

1. Have the boiling water ready in a deep sauce pan. Add the salt, slowly drop in the rice, so that boiling is not stopped.
2. After about twelve minutes of rapid boiling remove a few grains and test for softness.
3. In order to prevent the rice from sticking to the pan, lift from time to time, if necessary, with a fork.
4. When the rice is sufficiently cooked, turn into a colander or sieve. Allow hot water to run through the rice to wash off extra starch. Drain.
5. Cover with a cloth and set over a pan of hot water on the back of the stove or in the oven. Treated this way, the grains swell and are kept separate.
6. Serve with melted butter.

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Rice	15 lbs.	7½ qts.
Salt	12 oz.	¾ cup
Water, boiling		6 gals.

Suggestion for Leftovers

Use in any recipe calling for cooked rice.

No. 208 BAKED RICE AND CHEESE

FIRST . . .

1. Shred cheese.
2. Wash rice thoroughly.
3. Add rice to rapidly boiling salted water; boil 15 to 20 minutes or until tender. Rinse with hot water. Drain well.
4. Combine melted butter, flour, salt and mustard for sauce; stir until smooth.
5. Mix milk and water; add to roux. Heat to boiling point; boil about five minutes or until thick, stirring constantly.

THEN . . . 40 minutes before serving.

6. Add shredded cheese; stir until cheese is melted.
7. Pour melted butter over bread crumbs.
8. Mix cheese sauce and cooked rice.
9. Place in well greased baking pans. Sprinkle with buttered crumbs. Bake in moderate oven (350° F.) 25 to 35 minutes or until crumbs are brown.

PORTION: 1½ cups		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Rice, raw	8 lbs.	4 qts.
Salt	8 oz.	1 cup
Water		8 gals.
Butter, melted	4 lbs.	2 qts.
Flour	2 lbs.	2 qts.
Salt	3 oz.	6 Tbsp.
Mustard	1½ oz.	
Milk, evaporated	16 No. 1 cans	1½ gals.
Water for milk		1½ gals.
Cheese	10 lbs.	
Butter	1½ lbs.	3 cups
Bread crumbs, dry	4 lbs.	5 qts.

Suggestions for Leftovers

Rice Fritters or Croquettes.

No. 209 SPANISH RICE

FIRST . . .

1. Chop onion and green pepper; shred cheese.

THEN . . . 45 minutes before serving:

2. Combine tomatoes, water, onions, peppers, salt and pepper; heat to boiling point.
3. Wash rice three times in clear water. Drain thoroughly.
4. Add rice to tomato mixture. Cover and heat to boiling point; reduce heat and simmer until rice is tender, stirring frequently.
5. Remove from heat; add cheese. Stir until cheese is melted and blended.

NOTE: ***Too much heat will toughen the cheese. Watch it carefully.***

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomatoes	25½ lbs.	4 No. 10 cans
Water	—	2 gals.
Onions, chopped	3 lbs.	4½ pts.
Green pepper, chopped	2 lbs.	2 qts.
Salt	8 oz.	1 cup
Pepper, white	¼ oz.	¾ Tbsp.
Rice, uncooked	10 lbs.	5 qts.
Cheese, American	5 lbs.	—

Suggestions for Leftovers

Spanish Rice can be served instead of plain rice with Fricassee of Veal or Lamb.

No. 210 FRIED (SAUTEED) HOMINY

FIRST . . .

1. Drain hominy and chop peppers and pimentos.

THEN . . . 35 minutes before serving:

2. Combine hominy, peppers, pimentos and salt.
3. Fry in fat until lightly browned.

Suggestions for Leftovers

In combination with another vegetable, such as tomatoes, or in Vegetable Soup.

PORTION: 3 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Hominy	18 lbs.	4 No. 10 cans
Peppers, green	1½ lbs.	1½ qts.
Pimentos	1 lb.	2¼ cups
Salt	5 oz.	10 Tbsp.
Butter or bacon fat	1½ lbs.	1½ pts.

Egg and Cheese Recipes

Eggs are valuable for their proteins, vitamins and minerals—especially iron and calcium. Because of their high nutritive value, digestibility and ease in preparation, some form of eggs should always be included in the daily menu, either as a main dish or as an ingredient of sauces, salads, meat loaves and desserts.

To break an egg rap on side with a keen edged tool at right angles to the length. If the egg is to be used whole (as in frying or poaching) or if the yolks are to be separated from the whites, take care not to break the yolk when shell is broken. Each opened egg should be inspected and smelled for use; one bad egg will spoil an entire batch.

To separate yolks from whites have two small bowls ready. Break egg open to form two shell cups. Over one bowl, pour the yolk from shell cup to shell cup until all of the white has dropped into the bowl. Place the yolk in the other bowl.

If any part of the yolk remains in the white, cut out the yolk particle with the edge of an egg shell. (This is important, because egg whites will not beat up to stiffness if there is any particle of yolk—or fat—in the white.)

Beating Egg Whites

Adding ⅛ teaspoon of salt per each egg makes beating easier. Subtract the amount of salt used from the total required by the recipe.

Cream of Tartar or lemon juice (¼ teaspoon of either for each egg white) will make "weak" egg whites more fluffy and stable when they are beaten stiff.

Slightly beaten egg white is foamy and frothy and full of large air bubbles. It flows easily and is not very white. This type is used for clarifying stock and for coating and thickening (usually together with yolk).

Stiff foam has been beaten a little longer than "slightly beaten." It is white, moist and glossy with small air cells. It will flow somewhat if the bowl is tipped. At this stage sugar is added for a meringue.

Stiffly beaten whites are very white, shiny and smooth. They stand up in peaks and will not pour. They should be beaten to this stage for cakes, frostings, meringues.

Dry whites are dull looking, flaky and curdled due to over-beating.

Powdered Eggs

See Dehydrated Foods.

How to Cook Eggs

One basic rule should be followed in cooking eggs. Low temperatures must always be used because of the protein content. High temperatures tend to toughen the protein and the egg white becomes tough and less digestible. Such foods as custards and puddings with eggs as a principal ingredient may curdle or become watery when the protein has been cooked at too high a temperature.

Cheese

Cheese is made from the curd of milk and may be natural or processed. Natural cheese is made from milk which has been inoculated with a specific bacteria and seasoned for flavor. Processed cheese is the natural cheese which has been pasteurized

(heated). There are many varieties of cheese. Those most commonly served aboard ship include:

Cheddar—molded, English dairy cheese. Becomes sharper with age.

American processed—American dairy cheese similar to Cheddar. This cheese has been pasteurized. Most often used in cooking.

Parmesan—hard Italian cheese, usually grated and sprinkled on soups and spaghetti.

Swiss—a cheese with air spaces which develop during ripening because a special harmless gas-producing bacteria is added to the original milk mixture.

Swiss processed cheese has been pasteurized.

Cheese has many uses—as an alternate for, or an addition to, meat; for flavoring and improving the appearance of *au gratin* (French for *with cheese*) dishes; for dessert (served with crackers) or with apple pie.

How to Cook Cheese

CHEESE cookery is like that of eggs, as the protein of cheese is also toughened by high temperature and over-cooking. Cheese dishes should be cooked at a low temperature. *This is very important to remember.* Baked macaroni and cheese, for example, will become stringy and difficult to digest if cooked too fast, or at too high temperatures. Don't blame this stringiness and indigestibility on the cheese, but on the cooking. Cut down oven temperature and increase cooking time.

On the other hand, cheese that is grated and used for topping *au gratin* dishes may be browned at a high temperature without ill effects *if it is subjected to this temperature for only a few minutes.* In other words, if the temperature is high, let the cooking time be *short;* when the temperature is low, the cooking time may be prolonged.

No. 211 SHIRRED EGGS

PORTION: 2 eggs per person

1. Break eggs whole and place in greased muffin pans.
2. Pour fat over eggs. Sprinkle with salt and pepper.
3. Bake in moderate oven (350° F.) about 10 minutes, or until whites are firm.

CAUTION: ***Be sure to cook to order.***

No. 212 HARD-COOKED EGGS

PORTION: 2 eggs per person

1. Place eggs in cooking vessel.
2. Cover completely with boiling water.
3. Heat to boiling temperature.
4. Cook 10 to 12 minutes. Drain.

No. 213 POACHED EGGS

PORTION: 2 eggs per person

1. Grease skillet. Fill pan one-half full of boiling water.
2. Add 1 teaspoon salt and 1 tablespoonful vinegar to each quart of water.
3. Break eggs, carefully, into a cup. Slip into water. Add only enough eggs to float easily in water. Cover skillet. Let eggs simmer slowly.
4. Cook about 3 to 5 minutes or until whites are set and yolks are covered with white film.
5. Lift out with perforated skimmer.

NOTE: ***Serve plain or with tomato sauce on freshly made toast or on spinach, beef hash or corned beef hash.***

No. 214 FRIED EGGS

PORTION: 2 eggs per person

CAUTION: ***Start at serving time. Do not cook ahead.***

1. Heat fat on griddle or in frying pan.
2. Break two eggs separately into cup or bowl and slip onto griddle or frying pan. Use several bowls to keep eggs broken ahead for frying.

NOTE: ***Keep heat at low temperature—high temperatures toughen eggs.***

3. Cook until whites are done.
4. Remove from griddle with cake turner and serve immediately.

CAUTION: ***Be sure orders for "eggs over" are properly called by messman.***

No. 215 STEAMER COOKING OF EGGS

PORTION: 2 eggs per person

1. Place eggs in steamer trays. Close steamer. Turn steam on full.
2. Steam 3 to 5 minutes for soft-cooked eggs; 15 minutes for hard-cooked eggs.
3. Remove from steamer. Serve immediately.

NOTE: *To cool eggs quickly, plunge in cold water.*

No. 216 SOFT-BOILED EGGS

PORTION: 2 eggs per person

1. Place eggs in cooking vessel.
2. Cover completely with boiling water.
3. Cook 3 to 5 minutes, according to desired degree of firmness.
4. Drain. Serve immediately.

No. 217 SCRAMBLED EGGS

CAUTION: *Do not prepare in large quantities. Eggs toughen upon standing. Cook to order.*

METHOD I.—Frying Pan

Ten minutes before serving:

1. Combine eggs, salt, pepper and milk.
2. Heat fat in frying pan. Add egg mixture.
3. Cook slowly, stirring constantly until soft but firm.

NOTE: *Remove eggs from heat before completely cooked as cooking continues for a few minutes after removal.*

METHOD II.—Steam Table

Place uncooked egg mixture into hot steam table pans 15 minutes before serving. Set pans in steam table. Stir frequently while eggs are cooking.

METHOD III.—Oven

Place uncooked egg mixture in greased baking pans. Bake in slow oven (325° F.) about 15 to 20 minutes. Stir every 4 to 5 minutes until eggs are properly set. Remove from oven while eggs are still soft. Remember that eggs will continue to cook slightly after removal from oven.

PORTION: 1½ eggs per person		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Eggs, whole, slightly beaten	—	156 eggs
Salt	3 oz.	6 Tbsp.
Pepper	¼	¾ Tbsp.
Water	—	5 qts.
Milk, evaporated	—	5 qts.
Butter or other fat, melted	2 lbs., 8 oz.	1¼ qts.

VARIATIONS (100 servings)

Scrambled Eggs with Diced Bacon . . . Add 10 pounds cooked, diced bacon to eggs before cooking. Use fat from cooked bacon for cooking eggs.

Scrambled Eggs and Diced Ham . . . Add 10 pounds cooked, diced ham to eggs before cooking.

Scrambled Eggs and Sausage or Luncheon Meat . . . Add 10 pounds diced luncheon meat to eggs when they are partially cooked. Continue cooking until eggs are properly set. Stir occasionally.

Scrambled Eggs with Spanish Sauce . . . (See Recipe No. 125).

No. 218 PLAIN OMELET

FIRST . . .

1. Beat eggs until yolks and white are combined; add seasonings and milk or water.

THEN . . . (cook to order)

2. Heat butter or drippings in skillet until moderately hot; add beaten eggs. Cook over low heat, shake pan and tip the skillet so that the uncooked mixture runs under. Do not cut through the mixture, but cook so that it remains in one large cake.
3. When the bottom is browned and the mixture firm throughout, fold in half.
4. Serve immediately plain or with sauce.

PORTION: 1		SERVINGS: 1.
INGREDIENTS	WEIGHTS	AMOUNTS
Eggs	—	2 eggs
Salt	—	To taste
Pepper	—	To taste
Milk or water	—	2 Tbsp.
Butter or drippings	—	1 Tbsp.

No. 219 CREAMED EGGS

FIRST . . .

1. Cook eggs until hard.

THEN . . . 1 hour before serving:

2. Scald milk.
3. Blend fat, flour, salt and pepper to a smooth paste.
4. Stir in hot milk. Heat to boiling temperature.
5. Cook, stirring constantly, until thickened.
6. Slice eggs in quarters.
7. Pour sauce over eggs being careful not to break eggs. Mix lightly.

CAUTION: *Use table knife to prevent discoloration.*

8. Serve on toast or cooked rice.

VARIATIONS (100 servings)

Creamed Ham and Eggs . . . Use eight pounds ham, cooked and cubed, in place of 50 of the eggs.

PORTION: ¾ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	12 No. 1 cans	1½ gals.
Water	—	1½ gals.
Butter or other fat, melted	3 lbs.	1½ qts.
Flour, sifted	1½ lbs.	1½ qts.
Salt	3 oz.	6 Tbsp.
Pepper, white	—	1 tsp.
Eggs	—	150 eggs

Suggestions for Leftovers

Creamed Chicken with Egg or Ham; Noodle and Egg Scallop.

No. 220 FRENCH TOAST

NOTE: *French toast is best when cooked to order.*

FIRST . . .

1. Mix milk and water; add beaten eggs, salt and sugar. Mix well.

THEN . . .

2. Dip slices of bread in milk and egg mixture. Soak them well.
3. Fry on greased griddle until brown on one side. Turn and fry on other side.
4. Serve the slices hot with jelly, syrup, hot apple sauce or sprinkle with cinnamon and powdered sugar.

Suggestions for Leftovers

Use instead of toast under such items as: Creamed Chipped Beef; Chicken a la King; Creamed Asparagus.

PORTION: 3 slices		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	—	6 qts. (13 No. 1 cans)
Water for milk	—	6 qts.
Eggs, slightly beaten	6 lbs.	60 eggs (3 qts.)
Salt	1 oz.	2 Tbsp.
Sugar	12 oz.	1¼ cups
Bread, dry, sliced	—	300 slices

No. 221 GRIDDLE CAKES (Wheat)

NOTE: *Griddle cakes are cooked to order.*

FIRST . . .

1. Sift together the flour, sugar, baking powder and salt.
2. Mix milk and water; add beaten eggs.

THEN . . .

3. Combine dry ingredients, milk and egg mixture and melted shortening. Stir only until dry and liquid ingredients are mixed and most of the lumps beaten out.
4. Drop batter by spoonfuls onto hot, greased griddle. Cook cakes on one side until top is full of bubbles. Turn and cook on other side.

CAUTION: *Turn cakes only once. Do not flatten.*

Suggestions for Leftovers

If Griddle Cake batter is left over, use in fritters or in Plain Muffin mixture.

PORTION: 4 cakes		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Flour, sifted	15 lbs.	15 qts.
Sugar	1½ lbs.	3¼ cups
Baking powder	10 oz.	1⅔ cups
Salt	5 oz.	10 Tbsp.
Milk, evaporated	—	11½ No. 1 cans (1¾ gals.)
Water	—	1¾ gals.
Eggs, well beaten	5 lbs.	50 eggs (2½ qts.)
Shortening, melted	2¼ lbs.	2⅛ pts.

No. 222 WELSH RAREBIT

FIRST . . .

1. Grate cheese.

THEN . . . 1 hour before serving:

2. Blend flour and butter in double boiler, stirring constantly. Do not allow to brown.
3. Add all other ingredients except cheese, stirring constantly until thickened.
4. Add grated cheese and stir until melted. Then blend in slightly beaten eggs.
5. Cook for about 3 minutes. Serve over freshly made toast. Garnish with paprika.

CAUTION: *Do not overcook.*

Suggestions for Leftovers

Use with any meat, fish, poultry or vegetable to make an *au gratin* dish.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Butter or other fat melted	2 lbs.	1 qt.
Flour, sifted	1 lb., 8 oz.	1½ qts.
Salt	1 oz.	2 Tbsp.
Mustard, dry	¼ oz.	1¼ Tbsp.
Water	12 oz.	1½ gals.
Milk, evaporated	12 oz.	10 No. 1 cans (1½ gals.)
Eggs, beaten	3 lbs.	30 eggs
Cheese, American	15 lbs.	—
Toast	—	100 slices

No. 223 TOMATO RAREBIT

FIRST . . .

1. Grate cheese.

THEN . . . 1 hour before serving:

2. Blend flour and butter, stirring constantly. Do not allow to brown.
3. Add all other ingredients except cheese, stirring constantly until thickened.
4. Add cheese and stir until melted.
5. Serve immediately over freshly made toast.

Suggestions for Leftovers

Thin with stock or hot water and use as a sauce with Salmon Loaf, Omelets or Croquettes.

PORTION: 1 cup each		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Butter	4 lbs.	—
Flour, sifted	3 lbs.	—
Salt	7 oz.	—
Mustard, dry	½ oz.	2¼ Tbsp.
Water	—	1½ gals.
Tomato puree	3 No. 10 cans	2½ gals.
Soda	—	1 tsp.
American cheese	15 lbs.	—

Salad Recipes

A good salad can go a long way towards turning a mediocre meal into an excellent one. Served crisp, cold, with a tart dressing, salads provide a contrast in color, taste and texture, and actually increase the desire for hot foods.

Salads are rich in vitamins and minerals and are simple to prepare. And with a little imagination, any good cook can devise interesting combinations of the fruits and vegetables at his disposal. Remember, plan attractive *looking* salads, and serve them *crisp, cold* and *freshly mixed.*

Greens

Salads may be served on greens—for example, lettuce or cabbage. To prepare, sort, trim, and wash greens free of sand and grit. If wilted, greens can be crisped by soaking several hours in water with one-half cup vinegar per gallon added, although this will reduce the nutritive value of the greens. If lettuce leaves are to be used whole, remove core of head and allow water to run through to force leaves apart.

After cleaning, place in pans, cover with wax paper and damp cloth, and put in refrigerator to chill. Greens should be placed on plates *just prior* to serving.

Lettuce and greens will be used up early in a long voyage. *Continue to serve salads without greens* — planning "color" effects with the ingredients on hand.

Salad Ingredients include fresh or canned fruits and vegetables, whole, diced or shredded, sliced greens. Chill ingredients and mix with dressing *just* before serving to prevent dressing from wilting the salad. Use a large fork or spoon to mix your salads.

Salad Dressings (cooked, French, and mayonnaise) are not especially high in nutritional value but their *taste* spells the difference between half-eaten salads and clean plates at end of meal. Follow the recipes accurately for perfect results.

Cooked or boiled dressing is a sauce thickened with cornstarch or flour and eggs and made without oil.

French dressing is a mixture of oil, acid and seasonings which must be beaten or shaken before using as oil separates when standing.

Mayonnaise is a mixture of fat and oil held together by raw eggs. The oil will not separate if mixture is beaten well during preparation and oil is added in small amounts only until emulsion is formed. "Breaking" or "curdling" of mayonnaise may occur because of ship's vibration or extreme changes in temperature. See recipe for mayonnaise.

Commercial dressings (prepared French and mayonnaise) are stowed aboard our vessels to be used in an emergency or inter-changeably with those prepared aboard ship. Oil will separate in the French dressing so shake well before using.

Salad as a main course should contain some protein-rich foods, such as chicken, meat, fish, eggs or cheese with raw or cooked vegetables to provide real strength-giving qualities to the salad. For best taste, marinate meat and vegetables separately in a tart French dressing. Combine just before serving.

NOTE: ***Skinless vegetables purchased in tropical countries should not be used in salads unless cooked first.***

No. 224 ADIRONDACK SALAD

Preparation and chilling time—1½ hours.

1. Cook frozen peas in salted water until tender but not mushy. Canned peas will need no preparation. Drain.
2. Cut cheese up into small cubes.
3. Dice celery and shred lettuce.
4. Add peas, cheese cubes, and pickles to celery and shredded lettuce.
5. Mix with cooked dressing and mayonnaise. Chill and serve.

PORTION: 1 cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, frozen, cooked or canned	9 lbs.	5½ qts. (2 No. 10 cans)
Cheese (American)	2¼ lbs.	2 qts.
Salt	2 oz.	4 Tbsp.
Pickles, chopped fine	3 lbs.	4½ pts.
Celery, diced, E.P.	2 lbs.	2 qts.
Cooked dressing	3 lbs.	3 pts.
Lettuce	6 lbs.	6 heads

No. 225 APPLE, CABBAGE AND RAISIN SALAD

Preparation and chilling time—1 hour.

1. Wash raisins, leave in water about 30 minutes to get plump.
2. Shred cabbage fine.
3. Wash lettuce and shred.
4. Dice apples into ¼" squares and sprinkle with lemon juice to prevent discoloration.
5. Combine raisins, apples, cabbage, salt, sugar, salad dressing. Mix well. Put into chill-box until serving time.
6. Just before serving add shredded lettuce and toss together lightly.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lemon juice	4 oz.	½ cup
Apple, diced	12 lbs.	3 gals.
Raisins, seedless	3 lbs.	4½ qts.
Cabbage, shredded	6 lbs.	4¼ gals.
Sugar	7 oz.	1 cup
Salt	½ oz.	1 Tbsp.
Lettuce	6 lbs.	6 heads
Salad dressing (boiled)*	2 lbs.	1 qt.

*Recipe No. 252.

No. 226 BEET AND ONION SALAD

Preparation and chilling time—2 hours.

1. Slice onions and separate into rings.
2. Drain sliced canned beets.
3. Mix sliced beets and onions.
4. Heat vinegar, water or beet juice, sugar, salt and pepper. Mix well. Allow to cool. Pour liquid mixture over beets and onions. Let stand 1 hour, mixing from time to time.
5. Chill and serve.

Suggestions for Leftovers

Beet Relish or Hot Spiced Beets.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Beets, canned, drained	20 lbs.	12½ qts. (4½ No. 10 cans)
Onions, sliced	3 lbs.	4½ qts.
Vinegar	4½ lbs.	2¼ qts.
Water, or beet juice	4½ lbs.	2¼ qts.
Sugar, granulated	½ lb.	1 cup
Salt	2 oz.	4 Tbsp.
Pepper	¼ oz.	¾ Tbsp.

No. 227 CABBAGE, APPLE AND PINEAPPLE SALAD

Preparation and chilling time—1½ hours.

1. Shred cabbage.
2. Drain sliced pineapple, cut slices into uniform pieces.
3. Wash lettuce.
4. Dice apples and sprinkle lemon juice over them to prevent discoloration.
5. Combine diced apples, shredded cabbage, pineapple pieces and salt. Mix well.
6. Add mayonnaise or salad dressing and mix. Let stand for 30 minutes.
7. Chill and serve on crisp lettuce leaf.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lemon juice	5 oz.	3 or 4 lemons (⅝ cup)
Apples, diced	6 lbs.	——
Pineapple (sliced)	——	1 No. 10 can
Cabbage	15 lbs.	5 gals.
Salt	2 oz.	¼ cup (4 Tbsp.)
Lettuce	6 lbs.	6 heads
Mayonnaise* or Boiled Salad Dressing**	4 lbs.	2 qts.

*Recipe No. 250.
**Recipe No. 252.

No. 228 CARROT AND RAISIN SALAD

Preparation and chilling time—1½ hours.

1. Wash raisins and soak in water until they soften.
2. Shred carrots and lettuce.
3. Combine carrots, lettuce, raisins, mayonnaise and lemon juice.
4. Chill and serve.

VARIATIONS (100 servings)

Carrot and Celery Salad . . . 12 lbs. shredded carrots, 5 lbs. diced celery, 6 heads lettuce cut up, 1 qt. mayonnaise.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Carrots	12 lbs.	——
Raisins	5 lbs.	4¾ qts.
Lemon juice	3 oz.	6 Tbsp.
Mayonnaise*	2 lbs.	1 qt.
Lettuce	6 lbs.	6 heads

*Recipe No. 250.

No. 229 MACARONI OR SPAGHETTI SALAD

Preparation and chilling time—2 hours.

1. Cook macaroni or spaghetti in salt water until tender. Drain and cool.
2. Dice celery.
3. Chop pimento.
4. Mince onions.
5. Coarsely cut lettuce.
6. Cook eggs hard. Dice eggs.

NOTE: *Use table knife to prevent discoloration.*

7. Combine macaroni, celery, pimento, onions, lettuce and eggs. Sprinkle with salt.
8. Add mayonnaise. Toss lightly until well mixed. Chill and serve.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Macaroni, raw	4½ lbs.	5 qts.
Celery, diced	5 lbs.	1¼ gals.
Pimento	7½ lbs.	½ (15) oz. can
Pickle Relish	1 lb.	3 cups
Onions, minced	4 oz.	¾ cup
Lettuce, cut	4 lbs.	4 heads
Eggs, diced*	3 lbs.	½ gal.
Salt	2 oz.	4 Tbsp.
Mayonnaise**	2½ lbs.	1¼ qts.

*Three lbs. of diced cooked beef, veal, ham or seafood may be used in place of eggs.
**Recipe No. 250.

No. 230 CHICKEN SALAD

FIRST . . .

1. Remove chicken meat from carcass and dice.
2. Clean and dice celery, squeeze lemon juice.

THEN . . . One hour before serving:

3. Combine diced chicken, celery, salt, lemon juice and mayonnaise.
4. Toss together lightly until well mixed.
5. Cover and return to chill-box and chill thoroughly before serving.
6. Mold with a round cup and serve on lettuce leaf. Garnish with strips of pimento or sprinkle lightly with paprika.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Chicken, cooked, diced to ½" pieces	65 lbs. A.P. 14 lbs. E.P.	3 gals. —
Celery, diced to ¼" pieces	12 lbs.	3 gals.
Salt	4 oz.	½ cup
Lemon Juice	1½ lbs.	3 cups (16-19 lemons)
Mayonnaise*	5 lbs., 10 oz.	3 qts.
Lettuce	6 lbs.	6 heads

*Recipe No. 250.

VARIATIONS (100 servings)

Veal Salad or Ham Salad . . . Substitute 14 pounds of cooked diced veal or ham for chicken meat.

No. 231 CHOPPED RAW VEGETABLES

Preparation and chilling time—1½ hours.

1. Shred cabbage fine.
2. Dice carrots.
3. Shred turnips.
4. Peel and dice cucumbers.
5. Shred lettuce.
6. Combine shredded cabbage, turnips, diced carrots and cucumbers. Add salt, pepper and toss lightly together with French dressing.
7. Add shredded lettuce last. Mix. Chill and serve.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cabbage	10 lbs.	—
Carrots	5 lbs.	—
Turnips	3 lbs.	—
Cucumbers	3 lbs.	—
Salt	1½ oz.	3 Tbsp.
Pepper	¼ oz.	¾ Tbsp.
French dressing*	1½ lbs.	1 qt.
Lettuce	6 lbs.	6 heads

*Recipe No. 255.

No. 232 CHICKEN AND VEGETABLE SALAD

Preparation and chilling time—5 hours.

1. Cook fowl. When cool, cube.
2. Wash lettuce.
3. Dice celery.
4. Cook peas if fresh or frozen. Drain and cool.
5. Cook carrots if fresh or frozen. Drain and cool. Dice.
6. Combine chicken, celery and vegetables.
7. Sprinkle with salt and pepper.
8. Mix lightly and add mayonnaise and lemon juice. Chill and serve.

VARIATIONS (100 servings)

Veal and Vegetable Salad . . . 12 lbs. of cooked veal, or cooked veal and ham may be used in place of chicken.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fowl, cooked, cubed**	12 lbs.	—
Lettuce	6 lbs.	6 heads
Celery, diced	3 lbs.	3 qts.
Peas (fresh, frozen, canned)**	3 lbs.	2 qts. (⅔ No. 10 can)
Carrots, diced (fresh, frozen, canned)**	3 lbs.	4½ qts.
Salt	4 oz.	½ cup
Pepper	2 oz.	7 Tbsp.
Lemon juice	—	1 cup
Mayonnaise*	3 lbs.	1½ qts.

*Recipe No. 250.
**May be leftovers.

No. 233 COOKED VEGETABLE SALAD

Preparation and chilling time—2 hours.

1. Cook vegetables separately or use canned vegetables.
2. Drain and chill.
3. Wash lettuce. Shred.
4. Mix all chilled vegetables.
5. Add salt and toss lightly together with French dressing.
6. Chill and serve.

Suggestions for Leftovers

Wash off Salad Dressing. Vegetable can be used in Vegetable Soup or Scalloped Vegetables.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Peas, cooked	5 lbs.	3¼ qts. (1¼ No. 10 cans)
Carrots, cooked diced	8 lbs.	6 qts.
Turnips, cooked diced	5 lbs.	3¾ qts.
String beans, cooked, cut	6 lbs.	4½ qts.
Salt	½ oz.	1 Tbsp.
Lettuce	3 lbs.	3 heads
French or other dressing	1½ lbs.	1 qt.

No. 234 HOT SLAW WITH BACON

Preparation time—1½ hours.

1. Shred cabbage.
2. Chop onions fine.
3. Dice bacon and fry crisp. Drain on paper.
4. Fry onions in bacon fat. Add vinegar (slowly because adding cold liquid to hot fat will cause spattering), sugar and salt. Heat to boiling. Simmer for five minutes. Cool.
5. Add diced bacon and mix well.
6. Pour onion mix over cabbage before serving.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bacon, diced	3 lbs.	6 cups
Onions, chopped	1½ lbs.	4½ cups
Vinegar	1 lb.	2 cups
Sugar, granulated	12 oz.	1⅔ cups
Salt	1 oz.	2 Tbsp.
Cabbage, shredded	21 lbs.	6 gals.

No. 235 COLE SLAW

Preparation and chilling time—1½ hours.

1. Shred cabbage.
2. Mince onions.
3. Dice green peppers.
4. Combine cabbage, onions and green peppers.
5. Sprinkle with salt.
6. Add mayonnaise 30 minutes before serving.
7. Toss lightly until well mixed. Chill and serve.

NOTE: *Diced oranges, grapefruit, pears, apples, pineapple or peaches may be added to vary. Cole slaw, diced celery, chopped tomatoes, shredded carrots or diced cucumber also may be used.*

PORTION: ¾ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Cabbage, shredded	20 lbs.	6 gals.
Onions, minced	5 oz.	1 cup
Green peppers, diced*	1 lb.	1 qt.
Salt	2 oz.	4 Tbsp.
Mayonnaise**	4 lbs.	2 qts.

*Optional.
**Recipe No. 250.

No. 236 OLD FASHIONED COLE SLAW

Preparation and chilling time—1½ hours.

1. Prepare boiled salad dressing.
2. Shred cabbage.
3. Pour hot salad dressing over cabbage.
4. Add salt; mix well.
5. Chill before serving.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Boiled Salad Dressing	4 lbs.	1 gal.
Cabbage, shredded	20 lbs.	6 gals.
Salt	1½ oz.	3 Tbsp.

No. 237 ORANGE, APPLE, CELERY SALAD

Preparation and chilling time—2 hours.

1. Pare oranges: Cut into sections — remove seeds and remove tough sections. Dice.
2. Dice apples (leave skins on if red, thin, and tender).
3. Combine diced oranges and apples to prevent discoloration of apples.
4. Dice celery and shred lettuce.
5. Just before serving mix diced celery, shredded lettuce and salad dressing.
6. Chill and serve.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Oranges, peeled, diced	——	20
Apples, diced	10 lbs.	10 qts.
Celery, diced	4 lbs.	4 qts.
Lettuce	6 lbs.	6 heads
Mayonnaise* or other Salad dressing	2 lbs.	1 qt.

*Recipe No. 250.

No. 238 WALDORF SALAD

Preparation and chilling time—2 hours.

1. Dice celery.
2. Cut up lettuce coarsely.
3. Wash apples. Do *not* peel. Cut into quarters. Remove core and dice apple. Add lemon juice.
4. Combines apples, celery and lettuce.
5. Sprinkle with salt, sugar. Chill.
6. Add mayonnaise. Toss lightly and serve.

VARIATIONS (100 servings)

Apple, Celery & Carrot . . . Substitute 2 lbs. shredded carrots for 2 lbs. of the celery. Use remaining 4 lbs. of celery.

Apple, Celery & Raisin . . . To Waldorf Salad add 1 lb. raisins which have been soaked until softened.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Apples, diced	14 lbs.	——
Celery, diced	6 lbs.	6 qts.
Salt	1 oz.	2 Tbsp.
Lemon juice	8 oz.	½ pt.
Lettuce	6 lbs.	6 heads
Mayonnaise*	3 lbs.	1½ qts.
Sugar	4½ oz.	1 cup

*Recipe No. 250.

Banana Waldorf . . . Use 15 ripe bananas sliced or dried in place of 4 lbs. of diced celery. Use remaining 2 lbs. of celery.

No. 239 LETTUCE OR MIXED GREENS

Preparation and chilling time—1 hour.

1. Wash lettuce or greens carefully and chill until crisp.
2. Dry and cut into 1½-inch pieces.
3. Mix with French or other dressing just before serving.
4. Chill and serve.

NOTE: ***Always shake French dressing well just before using on salad.***

VARIATIONS (100 servings)

Tossed Green Salad . . . Use 22 lbs. coarsely cut escarole, chicory, raw spinach. Other salad greens in combination may be used in place of lettuce.

Wilted Lettuce . . . Use 2 qts. of Hot Bacon Dressing in place of French Dressing. Toss dressing with lettuce just before serving.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lettuce or Romaine Escarole Chicory Endive	22 lbs. Total	
French dressing*	3 lbs.	2 qts.

*Recipe No. 255.

Wilted Greens . . . Use 2 qts. of Hot Bacon Dressing in place of French Dressing on escarole, chicory or other greens just before serving. Chopped raw spinach is especially good served with Hot Bacon Dressing.

No. 240 FRUIT SALAD

Preparation and chilling time—2 hours.

1. Pare oranges, cut into sections. Remove seeds and inside tough portions and dice.
2. Drain and cut up sliced pineapple.
3. Wash lettuce and shred.
4. Dice apples.
5. Combine oranges, apples, and pineapple after dicing to prevent discoloration of the apples. Chill.
6. Mix with shredded lettuce and dressing. Serve.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Oranges	—	20 oranges
Apples, diced	5 lbs.	5 qts.
Pineapple (sliced, diced, drained)	—	1½ No. 10 cans
Lettuce	6 lbs.	6 heads
French Dressing* or Mayonnaise**	2 lbs.	1 qt.

*Recipe No. 255.
**Recipe No. 250.

VARIATIONS (100 servings)

Fruit Salad No. 2 . . . 16 grapefruit, 9 lbs. apples, 4 lbs. sliced bananas, 6 heads lettuce, 1 qt. dressing.

Fruit Salad No. 3 . . . 20 oranges, 9 lbs. diced apples, 4 lbs. diced celery, 6 heads lettuce, ¾ qts. mayonnaise.

No. 241 JELLIED FRUIT SALAD

Preparation and chilling time—3 hours.

1. Strain fruit cocktail.
2. Dissolve gelatin in hot water (following direction on package), add the juice from strained fruit and water to equal 3 qts. Pour into wet shallow pans.
3. When mixture begins to set fold in fruit ingredients. Chill until set.
4. Serve on lettuce. Garnish with mayonnaise.

NOTE: *In tropical climates, it may be necessary to increase amount of flavored gelatin in order to keep jelly firm.*

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Fruit gelatin (lemon flavored)	4 lbs.	6½ pts.
Fruit cocktail, drained	—	3 No. 10 cans
Lettuce	6 lbs.	6 heads
Mayonnaise*	2 lbs.	1 qt.
Hot water	—	1¾ gals.
Fruit juice from drained fruit and cold water	—	3 qts.

*Recipe No. 250.

No. 242 PINEAPPLE AND CHEESE SALAD

Preparation and chilling time—1 hour.

1. Drain pineapple; cut in uniform pieces.
2. Shred cheese.
3. Chill lettuce until crisp; cut into ½" pieces just before serving.
4. Combine pineapple, lettuce, cocoanut and cheese; toss together.
5. Just before serving mix with dressing and serve immediately.

NOTE: *Reserve pineapple juice. Do not discard.*

Suggestions for Leftovers

Pineapple could be used in combination for another salad or with a vegetable such as Glazed Sweet Potato and Pineapple.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pineapple (sliced)	—	4 No. 10 cans
Lettuce	6 lbs.	6 heads
Cheese (American)	2½ lbs.	—
Cocoanut shredded*	1 lb.	7 cups
Mayonnaise** or Boiled Salad Dressing***	2 lbs.	1 qt.

*Optional.
**Recipe No. 250.
***Recipe No. 252.

No. 243 TOMATO ASPIC

Preparation and chilling time—3 hours.

1. Mince onions, dice celery in ¼ inch cubes.
2. Soak gelatin in cold water and dissolve over hot water.
3. Cook tomato juice, onion and bay leaves 20 minutes. Strain.
4. Add dissolved gelatin, sugar, salt, paprika and vinegar to tomato liquid. Chill in shallow pan.
5. When mixture begins to congeal add diced celery. Chill until firm.
6. Cut into squares.

VARIATIONS (100 servings)

Tomato Aspic with Cheese . . . Add 3 lbs. of cottage or cream cheese to aspic just before set.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomato juice	22 lbs.	2½ gals.
Salt	2 oz.	4 Tbsp.
Vinegar	½ lb.	1 cup
Paprika	1 oz.	3¾ Tbsp.
Onions, diced	1 lb.	3 cups
Celery, diced	2 lbs.	2 qts.
Water, cold	—	1½ qts.
Gelatin (plain)	10¾ oz.	2 cups
Lettuce	6 lbs.	6 heads
Bay leaves	—	8 leaves
Sugar	6 oz.	¾ cup

No. 244 TOMATO AND LETTUCE SALAD

Preparation and chilling time—1 hour.

1. Wash lettuce.
2. Wash and slice tomatoes in thin slices.
3. Arrange 3 thin slices of tomato on leaf of lettuce.
4. Chill and serve with mayonnaise or other dressings.

NOTE: ***Do not serve tomato ends. Reserve for stock pot.***

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lettuce	6 lbs.	6 heads
Tomatoes, ripe	20 lbs.	—
Mayonnaise* or French dressing**	3 lbs.	2 qts.

*Recipe No. 250.
**Recipe No. 255.

Suggestions for Leftovers: Use tomatoes in soups, sauces or in combination with another vegetable.

No. 245 PERFECTION SALAD

Preparation and chilling time—3 hours.

1. Dissolve flavored gelatin in hot water. Stir in cold water. Chill until slightly thickened.
2. Dice celery in ¼-inch cubes.
3. Chop cabbage fine.
4. Chop carrots fine.
5. Chop green peppers fine.
6. Mix together celery, cabbage, carrots, peppers, vinegar and salt.
7. Stir vegetable mixture into thickened gelatin.
8. Pour into shallow pans. Chill until firm.
9. Cut into 2½-inch squares. Chill and serve on crisp lettuce with mayonnaise.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Gelatin (Lemon flavor)*	3 lbs., 4 oz.	5 pts. (10½ cups)
Water (hot)	—	1 gal.
Water (cold)	—	3½ qts.
Celery, diced	3 lbs.	3 qts.
Cabbage, shredded	3 lbs.	4 qts.
Carrots, diced	12 oz.	2⅓ cups
Peppers, finely chopped**	12 oz.	3 cups
Vinegar	1½ lbs.	1½ pts.
Salt	½ oz.	1 Tbsp.
Lettuce	6 lbs.	6 heads
Mayonnaise***	4 lbs.	2 qts.

*Orange flavored gelatin may be used.
**Optional.
***Recipe No. 250.

No. 243 TOMATO ASPIC

Preparation and chilling time—3 hours.

1. Mince onions, dice celery in ¼ inch cubes.
2. Soak gelatin in cold water and dissolve over hot water.
3. Cook tomato juice, onion and bay leaves 20 minutes. Strain.
4. Add dissolved gelatin, sugar, salt, paprika and vinegar to tomato liquid. Chill in shallow pan.
5. When mixture begins to congeal add diced celery. Chill until firm.
6. Cut into squares.

VARIATIONS (100 servings)

Tomato Aspic with Cheese . . . Add 3 lbs. of cottage or cream cheese to aspic just before set.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Tomato juice	22 lbs.	2½ gals.
Salt	2 oz.	4 Tbsp.
Vinegar	½ lb.	1 cup
Paprika	1 oz.	3¾ Tbsp.
Onions, diced	1 lb.	3 cups
Celery, diced	2 lbs.	2 qts.
Water, cold	—	1½ qts.
Gelatin (plain)	10¾ oz.	2 cups
Lettuce	6 lbs.	6 heads
Bay leaves	—	8 leaves
Sugar	6 oz.	¾ cup

No. 244 TOMATO AND LETTUCE SALAD

Preparation and chilling time—1 hour.

1. Wash lettuce.
2. Wash and slice tomatoes in thin slices.
3. Arrange 3 thin slices of tomato on leaf of lettuce.
4. Chill and serve with mayonnaise or other dressings.

NOTE: ***Do not serve tomato ends. Reserve for stock pot.***

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lettuce	6 lbs.	6 heads
Tomatoes, ripe	20 lbs.	—
Mayonnaise* or French dressing**	3 lbs.	2 qts.

*Recipe No. 250.
**Recipe No. 255.

Suggestions for Leftovers: Use tomatoes in soups, sauces or in combination with another vegetable.

No. 245 PERFECTION SALAD

Preparation and chilling time—3 hours.

1. Dissolve flavored gelatin in hot water. Stir in cold water. Chill until slightly thickened.
2. Dice celery in ¼-inch cubes.
3. Chop cabbage fine.
4. Chop carrots fine.
5. Chop green peppers fine.
6. Mix together celery, cabbage, carrots, peppers, vinegar and salt.
7. Stir vegetable mixture into thickened gelatin.
8. Pour into shallow pans. Chill until firm.
9. Cut into 2½-inch squares. Chill and serve on crisp lettuce with mayonnaise.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Gelatin (Lemon flavor)*	3 lbs., 4 oz.	5 pts. (10½ cups)
Water (hot)	—	1 gal.
Water (cold)	—	3½ qts.
Celery, diced	3 lbs.	3 qts.
Cabbage, shredded	3 lbs.	4 qts.
Carrots, diced	12 oz.	2⅓ cups
Peppers, finely chopped**	12 oz.	3 cups
Vinegar	1½ lbs.	1½ pts.
Salt	½ oz.	1 Tbsp.
Lettuce	6 lbs.	6 heads
Mayonnaise***	4 lbs.	2 qts.

*Orange flavored gelatin may be used.
**Optional.
***Recipe No. 250.

No. 246 POTATO SALAD

Preparation and chilling time—2½ hours.

1. Cook potatoes in skins; peel and slice while warm.
2. Dice celery.
3. Mince onions.
4. Hard cook eggs and chop.

NOTE: ***Use table knife to prevent discoloration.***

5. Spread layer of potatoes in bottom of shallow baking pan.
6. Mix salt, pepper, celery seed, vinegar and salad oil together; sprinkle over sliced potatoes in bottom of baking pan. Repeat, filling pan with alternating layers of potatoes and oil mixture. Allow to stand 1 hour.
7. Combine celery, onions, eggs and mayonnaise.
8. Add to potatoes; mix well.
9. Chill and serve on crisp lettuce leaves.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, E.P., freshly boiled*	25 lbs.	—
Salt	6 oz.	¾ cup
Pepper	¼ oz.	¾ Tbsp.
Salad Oil	¾ lb.	¾ pt.
Vinegar	½ lb.	½ pt.
Celery seed	1½ oz.	9 Tbsp.
Celery, diced	4 lbs.	4 qts.
Onions, minced	½ lb.	1½ cups
Eggs	3½ lbs.	36 eggs
Mayonnaise**	4 lbs.	2 qt.
Lettuce	6 lbs.	6 heads

*Approximately 30 lbs. A.P. potatoes will be needed to yield 25 lbs. E.P. potatoes.
**Recipe No. 250.

NOTE: ***Paprika may be sprinkled lightly over potato salad for garnish.***

No. 247 HOT POTATO SALAD

Preparation time—1½ hours.

1. Cook potatoes in skins, peel while hot.
2. Mince onions.
3. Dice bacon.
4. Slice potatoes crosswise into thin slices. Add chopped onions.
5. Fry bacon until crisp, remove from fat. Add bacon to potatoes; mix well.
6. Combine bacon fat, water, vinegar, and salt. Heat to boiling point; pour over potato mixture; mix well.
7. Place salad in oven and allow to remain 15 minutes before serving.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Potatoes, E.P., freshly boiled*	25 lbs.	—
Onions, diced	½ lb.	1½ cups
Bacon	3 lbs.	—
Water	—	1½ pts.
Vinegar	3 lbs.	1½ qts.
Salt	2 oz.	4 Tbsp.

*Approximately 30 lbs. A.P. potatoes will be needed to yield 25 lbs. E.P. potatoes.

VARIATIONS (100 servings)

Hot Potato Salad No. 2 . . . 1 lb. of chopped green peppers, 4 lbs. diced celery. Add peppers and celery to potato and onion mixture for variation.

No. 248 LIMA BEAN SALAD

Preparation and chilling time—2½ hours.

1. Cook lima beans until tender, but not mushy.
2. Dice celery and add to beans.
3. Marinate the celery and beans in French dressing for 1 hour. Drain and mix with pickle relish.
4. Chill and serve on shredded lettuce and garnish with Horseradish Mayonnaise or prepared mustard.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Lima beans (raw)	5 lbs.	3 qts.
Salt	4 oz.	½ cup
Celery diced	4 lbs.	4 qts.
Chopped pickle relish	1 lb.	3 cups
Lettuce	6 lbs.	6 heads
French dressing	2 lbs.	1 qt.

Suggestions for Leftovers: Wash dressing off lima beans and use as Lima Beans Creole.

No. 249 SALMON OR TUNA FISH SALAD

FIRST . . .

1. Flake and remove any bone or skin that might be in the salmon or tuna.
2. Dice celery.

THEN . . . 1½ hours before serving:

3. Combine salmon or tuna with pickles and celery.
4. Combine seasonings with mayonnaise and pour over celery and fish; toss together lightly.
5. Return to chill-box until serving time.
6. Serve on lettuce. If desired, add hard boiled eggs as a garnish.

Handling Leftovers

Chill, offer for service within 48 hours.

PORTION 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Salmon or tuna, flaked, canned or cooked*	15 lbs.	——
Celery, diced	8 lbs.	2 gals.
Pickle, sweet chopped	½ lb.	1½ cup
Mustard	¼ oz.	4 tsp.
Salt	2 oz.	4 Tbsp.
Mayonnaise	2 lbs.	1 qt.
Lemon juice	4 oz.	1½ cups
Eggs, hard boiled**	——	24 eggs

*Other fish such as halibut, haddock, cod, crab or any firm white fish may be substituted.
**Optional.

No. 250 MAYONNAISE

Preparation time—½ hour.

1. Every utensil used should be chilled or cooled.
2. Break eggs into mixing bowl, add salt, sugar and mustard.
3. Beat together until thoroughly mixed.
4. Begin dropping the oil into the eggs and seasoning, stirring constantly putting in only a few drops at a time at first.
5. Then add oil in a fine stream, beating constantly. Increase rate of adding oil as mayonnaise emulsion builds up or, in other words, as it begins to thicken.
6. Add small amount of vinegar if necessary during addition of oil to keep emulsion from breaking. Add remaining vinegar after all oil has been added.

NOTE: ***Be careful not to use too much vinegar, as this makes mayonnaise thin. If mayonnaise should curdle, break one egg into a bowl and slowly add mixture, beating vigorously.***

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	1½ oz.	3 Tbsp.
Dry mustard	½ oz.	2½ Tbsp.
Eggs	——	10 (2 cups)
Oil, salad	7½ lbs.	4 qts.
Vinegar	8 oz.	1 cup
Sugar	2 oz.	¼ cup

VARIATIONS

The following dressings can be used on any appetizer, vegetable or fruit. The basic recipe above for MAYONNAISE yields 1 gal. For every one quart of mayonnaise, add the following ingredients according to the variation desired.

Appetizer Dressing . . . Add 1 cup chili sauce; 1 tsp. Worcestershire sauce; 1 tsp. horseradish; 2 minced pickles; 1 stalk minced celery; 1 Tbsp. minced chives and 2 Tbsp. minced parsley.

Chiffonade Dressing . . . Add 2 Tbsp. each of minced red and green pepper and 1 Tbsp. each of chopped olives and sweet pickles and 1 tsp. prepared horseradish.

Cottage Cheese Dressing . . . Add ⅓ cup cottage cheese and mix well.

Cranberry Dressing . . . Add 1 cup minced cranberries.

Cream Cheese Dressing . . . Add 3 oz. cream cheese, 1 Tbsp. lemon juice and mix well.

Curry Dressing . . . Add 1 tsp. curry powder and ½ clove of garlic minced.

Horseradish Dressing . . . Add 4 Tbsp. of horseradish and 4 drops tabasco sauce.

Fruit Dressing . . . Add 3 Tbsp. of fruit juice, ½ cup XXXX (Confectioner's) sugar, ½ cup evap. milk.

Garlic Dressing . . . Add 1 cup garlic French dressing well shaken.

[*Con't. next page*]

Jelly Dressing . . . Add 1 cup strained currant jelly and ½ cup evap. milk.

Lemon Dressing . . . Add ½ cup XXXX (Confectioner's) sugar, ¼ cup lemon juice, dash of salt, ½ cup evap. milk.

Olive Dressing . . . Add ⅓ cup chopped olives.

Roquefort or Blue Cheese Dressing . . . Add 2 oz. of Roquefort or Blue cheese, mashed and 1 tsp. lemon juice.

Sea Food Dressing . . . Add 1 cup chili sauce, 3 hard cooked eggs, chopped, 2 sweet pickles, minced, ½ cup chopped ripe olives, ¼ lb. of shredded crabmeat, lobster or shrimp.

Thousand Island Dressing . . . Add 2 pts. chili sauce, 1 lb. chopped green peppers, 2 Tbsp. chopped parsley, 2 oz. chopped onions, ½ tsp. Worcestershire sauce and 1 hard cooked egg.

Russian Dressing . . . Add 2 pts. chili sauce, 1 lb. chopped beets or pimento and ½ tsp. Worcestershire sauce.

Ham Dressing . . . Add 1 cup tomato juice and ½ cup chopped ham.

Celery Mayonnaise . . . Add 2 cups of chopped celery and ¼ cup of diced Green Peppers.

Orange Mayonnaise . . . Add 1 cup of orange juice and 2 Tbsp. grated orange rind.

No. 251 EGGLESS MAYONNAISE

Preparation and chilling time—½ hour.

1. Mix dry ingredients in a mixing bowl and add ¾ of the milk.

NOTE: ***Be sure milk is cold.***

2. Beat vigorously.
3. Add oil a little at a time, beat thoroughly after each addition.
4. When mixture begins to thicken slightly, add vinegar or lemon juice alternately with oil, beating vigorously after each addition.
5. Add remainder of the milk and beat thoroughly.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	1½ oz.	3 Tbsp.
Dry mustard	——	2½ tsp.
Salt	¾ oz.	1½ Tbsp.
Paprika	——	2½ tsp.
Milk, evaporated, cold	——	3½ cups
Salad oil, cold	4¾ lbs.	2½ qts.
Vinegar or lemon juice	——	1¼ cups

No. 252 BOILED SALAD DRESSING

Preparation and chilling time—½ hour.

1. Blend salt, mustard, flour and sugar.
2. Add beaten eggs. Mix well, then add milk and melted butter.
3. Cook over boiling water about 10 minutes or until mixture thickens, stirring constantly.
4. Cool. Stir in vinegar slowly.

VARIATIONS

Cole Slaw Dressing . . . Add ½ cup prepared mustard to 1 qt. of cooled dressing in above recipe.

Peanut Butter Dressing . . . (for fresh bananas, peaches, pears). Add ½ pint of peanut butter to 1 qt. of the cooled dressing.

Savory Dressing . . . (for meat and fish salads). Add 1 cup pickle relish or chopped sweet pickles, to 1 qt. of the cooked salad dressing.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	3 oz.	6 Tbsp.
Dry mustard	½ oz.	2½ Tbsp.
Flour	4 oz.	1 cup
Sugar	½ lb.	1 cup
Eggs	——	7 eggs or 1½ cups
Milk, evaporated	——	2 qts.
Butter, melted	4 oz.	½ cup
Vinegar or lemon juice	——	2 pts.

No. 253 HOT BACON DRESSING

Preparation time—30 minutes.

1. Chop onions.
2. Dice bacon and fry with onions until bacon is crisp and onions clear. Drain off fat and reserve.
3. Combine water and vinegar. Heat to boiling temperature. Add sugar, salt, and pepper.
4. Blend fat and flour to a smooth paste.
5. Stir paste into hot liquid. Heat to boiling temperature, stirring constantly.
6. Simmer about 10 minutes or until slightly thickened. Add onion and bacon.
7. Add while hot to salad just before serving.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Onions, chopped	1 lb.	3 cups
Bacon, diced, cooked	2 lbs.	3 cups
Water	—	1½ qts.
Vinegar	—	1½ qts.
Sugar	1¼ lbs.	2½ cups
Salt	½ oz.	1 Tbsp.
Pepper	—	1 tsp.
Flour	6 oz.	1½ cups

No. 254 SOUR CREAM DRESSING

Preparation and chilling time—15 minutes.

1. Combine milk, sugar and salt.
2. Add vinegar, gradually, stirring briskly with a wire whip until well blended and sugar is dissolved. Add ½ tsp. Paprika or Dry Mustard or ¼ tsp. Pepper if desired.
3. Serve cold on slaws or on green salads.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	—	7-14½ oz. cans (2⅞ qts.)
Sugar	1 lb.	2 cups
Salt	2¼ oz.	2½ Tbsp.
Vinegar	—	1 qt.
Paprika*	—	½ tsp.
Mustard*	—	½ tsp.
Pepper*	—	¼ tsp.

*Optional.

No. 255 TART FRENCH DRESSING

Preparation and chilling time—15 minutes.

1. Mix together salt, mustard, paprika, and vinegar.
2. Add oil to above mixture and whip.
3. Store in chill-box.
4. Shake well before serving.

VARIATION

Creamy French Dressing . . . Add to the above recipe 2 cups egg yolk, lightly beaten. Mix together salt, egg yolk, mustard, paprika and vinegar. Add oil to mixture and whip.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	2 oz.	¼ cup
Mustard (dry)	1 oz.	5 Tbsp.
Paprika	½ oz.	2 Tbsp.
Salad oil	6 lbs.	3 qts.
Vinegar	—	1 qt.

No. 256 TASTY FRENCH DRESSING

Preparation time—20 minutes.

1. Mix together salt, sugar, mustard and paprika.
2. Add oil, vinegar, garlic, cloves, onion juice and Worcestershire Sauce.
3. Beat until mixture is well blended. Remove garlic cloves.
4. Chill thoroughly. Beat and shake well just before using.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Salt	2 oz.	4 Tbsp.
Sugar	3 oz.	6 Tbsp.
Paprika	¾ oz.	3 Tbsp.
Mustard, dry	¾ oz.	3 Tbsp.
Worcestershire Sauce	1 oz.	3 Tbsp.
Garlic	——	3 cloves
Juice of 2 onions	——	3 Tbsp.
Salad oil	5½ lbs.	5½ pts.
Vinegar	3 lbs.	3 pts.

VARIATIONS

The following dressings can be used with any vegetable or fruit salad for variety. The basic recipe for Tasty French Dressing yields 1 gal. For every one quart of Tasty French Dressing, add the following ingredients according to the variation desired.

Olive French Dressing . . . Add ½ cup chopped olives, ripe or green.

Chiffonade . . . Add 1½ chopped hard-cooked eggs; 2 oz. chopped green peppers; ¼ can pimento chopped; ½ Tbsp. chopped parsley.

Cottage Cheese Dressing . . . Add 5 Tbsp. cottage cheese and 2 Tbsp. chopped chives.

Garlic Dressing . . . Rub bowl with crushed clove of garlic.

Horseradish Dressing . . . Add 1 tsp. horseradish.

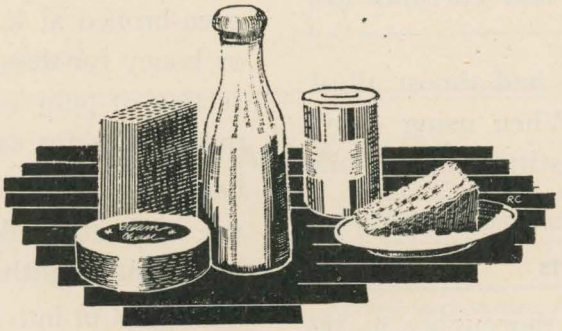
Mustard Dressing . . . To 1 qt. Garlic French Dressing add 1 Tbsp. prepared mustard.

Roquefort Dressing . . . Add ¾ cup soft Roquefort cheese, crumbled first and creamed with ¼ cup of French Dressing.

Tomato Dressing . . . Add 2 cups tomato juice; ¼ clove of garlic minced; and ¼ cup XXXX (Confectioner's) sugar.

Catsup French Dressing . . . Add 1 cup tomato catsup.

Cheese and Egg Dressing . . . Add 2 Tbsp. chopped parsley, 2 Tbsp. chopped pimento, ½ cup of chopped American cheddar cheese and 2 hard cooked eggs.



Fruit Recipes

Fruits should be used frequently on the menu. They furnish important food essentials and also add variety, color and refreshing flavor to the meal. Fruits fit into all three meals of the day. They can be served at breakfast, alone as a juice or in combination with cereal. For dinner or supper, they may be used as a first course appetizer, as a juice, a salad or dessert. Fruit compotes, made of a combination of two or three cooked fruits, make a pleasing light dessert for the main meal of the day.

Fruits contain little protein and little fat, but are high in energy value because of their sugar or carbohydrate content. They also contain vitamins and very valuable mineral salts.

Fruits are supplied in the fresh state or quick-frozen, canned, dried or dehydrated.

Dried (or evaporated) fruits have had part of the water removed. Dried fruits are used for sauces, fillings, pies, muffins, cakes, puddings, salads and may be served in stewed form. Prunes, apricots, peaches, dates, pears, figs, raisins, lemon peel and currants are some of the varieties.

Dehydrated fruits have had almost all of the moisture removed. When using dehydrated fruits, follow reconstitution directions carefully.

Fresh Fruits

Wash all fresh fruits thoroughly to remove any insect sprays which might be present. If possible, pare fresh fruits immediately before using. When pared and left in contact with the air, some fresh fruits become discolored. Discoloration may be partially prevented by covering the fruit with a thin syrup or lemon juice until ready for use.

Apples: Serve raw and whole for dessert; sliced or cubed in salads or fruit cocktail; baked, stewed, or as applesauce for dessert. Leave skin on raw apples if it is tender.

Bananas: Serve whole or sliced for breakfast, dessert, salads or fruit cocktail. Peel and slice bananas just before using to prevent discoloration.

Berries: Wash and drain; handle carefully to avoid crushing. Serve raw for breakfast or dessert; sugared or cooked in shortcake and cooked in cobblers or pies.

Dates: Wash and remove pits. Serve on cereals or chopped in cakes, cookies or puddings.

Grapes: Wash. Serve raw in bunches; if firm, slice, seed and serve in salads or fruit cocktail.

Grapefruit: Cut into halves crosswise; cut around rind to loosen pulp; remove seeds and loosen pulp from each section with a knife. Serve raw for breakfast or dessert; baked or oven-broiled at low temperature with sugar or honey for dessert. Pare and remove each section of pulp by cutting carefully between membranes for salads.

Lemons: Cut into halves; squeeze juice for use in fruit drinks, pies or puddings. Slice or cut into eighths lengthwise for use in tea.

Melons: Cut into halves or quarters; remove seeds. Serve for breakfast or dessert. Slice and pare or remove pulp and shape into balls for salads or fruit cocktail.

Oranges: Serve whole, cut into halves or pared; sliced and segmented for breakfast,

dessert, salads or fruit cocktail. Cut into halves, squeeze juice for use in fruit drinks or desserts.

Peaches: Serve raw and whole or peeled, stoned and sliced, for dessert; sugared in shortcake; cooked in cobblers or pies. Peel and slice peaches just before using to prevent discoloration.

Pears: Serve raw, whole or pared, sliced and cored for breakfast or dessert; stewed with sugar, cinnamon, cloves or lemon.

Pineapple: Pare pineapple with long, sharp knife beginning at top and cutting down. Remove eyes with pointed knife; slice, serve for dessert, salads or fruit cocktail. Shred pineapple by cutting in slices before paring.

Plums: Serve raw and whole; stewed with sugar for sauce or pies.

Rhubarb: Serve stewed or baked with sugar for breakfast, dessert or in pies.

Watermelons: Serve sliced and cut in large wedge-shaped pieces for dessert.

Canned Fruits

The recipes that follow specify when canned fruits are to be used.

Dried Fruits

Complete instructions for cooking dried apples, apricots, figs, peaches, pears and prunes are given on page 169.

Dehydrated Fruits

See Dehydrated Foods in Index for recipes using dehydrated fruits, or look in Index under name of dish to be prepared.

No. 257 ESCALLOPED APPLES

FIRST . . .

1. Peel and core apples, cut into quarters or eighths. Mix sugar, nutmeg, salt, butter and crumbs together.

THEN . . . 1¾ hours before serving:

2. Cover bottoms of greased baking pans with layer of crumbs.
3. Place apples and crumb mixture in alternate layers with bread crumb layer on top.
4. Combine lemon juice and water or fruit juice. Pour over apples.
5. Bake in moderate oven (350° F.) 1¼ to 1½ hours.

NOTE: *Serve with meats or as a dessert.*

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Apples, A.P.	30 lbs.	——
Bread crumbs, soft	2 lbs., 12 oz.	1½ gals.
Sugar, brown	1 lb. 4 oz.	3¾ cups
Nutmeg	½ oz.	1¾ Tbsp.
Salt	½ oz.	1 Tbsp.
Butter, melted	2 lbs.	1 qt.
Lemon juice	——	1 pt. (8 lemons)
Water or fruit juice	——	1¼ gals.

No. 258 BAKED APPLE RINGS

FIRST . . .

1. Wash and core apples. Slice in rings ½ inch thick. Arrange slightly overlapping, in greased baking pans.

THEN . . . 1 hour before serving:

2. Stir fat and sugar into water until sugar is dissolved. Pour over apples.
3. Bake in moderate oven (350° F.) 30 to 40 minutes or until tender. Baste apples with syrup occasionally.

PORTION: 4 rings (approx. 4½ oz.)		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Apples, medium-size, A.P.	35 lbs.	——
Butter or other fat, melted	1½ lbs.	1½ pts.
Sugar, brown	2½ lbs.	1¾ qts.
Water, boiling	——	1 pt.

NOTE: *Serve with meats, using one ring as garnish.*

No. 259 BAKED APPLES

FIRST . . .

1. Wash and core apples. Around top of apple pare off ¾" band of skin to allow for expansion of apple. Place in baking pans.
2. Stir sugar, salt and cinnamon into water until sugar is dissolved. Pour over apples.

THEN . . . 1½ hours before serving:

3. Bake in moderate oven (350° F.) 1 to 1½ hours.
4. Baste with syrup several times during cooking. Add more water if necessary.

NOTE: ***Cover if apples begin to brown before being thoroughly done.***

5. Serve with Hard Sauce.

PORTION: 1		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Apples, size 100, A.P.	—	100
Sugar	7 lbs.	¾ gal.
Salt	—	2 tsp.
Cinnamon	—	2 tsp.
Water	—	2½ qts.

VARIATIONS (100 servings)

Stuffed Baked Apples . . . Before baking, stuff apples with a mixture of 2 lbs., 12 oz. (½ gallon) chopped pitted dates and 1 lb., 8 oz. (1½ quarts) chopped nut meats.

Suggestions for Leftovers

Cut into quarters and use as garnish for Baked Ham, Sausage or Roast Fresh Pork.

No. 260 APPLESAUCE

FIRST . . .

1. Wash and core apples. Cut in quarters.
2. Place in cooking vessel. Add enough water to prevent sticking.

THEN . . . 1 hour before serving:

3. Cook 45 to 60 minutes or until tender. Peel and mash or press through fine sieve.
4. Stir in sugar.
5. Add lemon juice.

NOTE: ***Do not overcook apples as they may become discolored.***

6. Serve hot or cold.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Apples, fresh, A.P.*	48 lbs.	—
Water	—	small amount
Sugar	6 lbs.	¾ gal.
Lemon juice	—	¾ cup (3 lemons)

* 6 No. 10 cans (4¾ gals.) applesauce may be used in place of 48 pounds apples, A.P. Begin with step 5.

VARIATIONS (100 servings)

Spiced Applesauce . . . Add ¾ ounce (3 tablespoons) cinnamon and ½ ounce (2 tablespoons) ground cloves to hot applesauce. Serve hot or cold.

No. 261 BAKED RHUBARB

FIRST . . .

1. Remove rhubarb leaves, cut off root end. Do not peel. Wash stalks. Cut in 1-inch pieces.

THEN . . . 15 minutes before serving:

2. Place in baking pans.
3. Stir salt and sugar into water. Pour over rhubarb.
4. Bake in moderate oven (350° F.) 5 to 10 minutes or until tender.

NOTE: ***Over-baking will cause pieces to break up and become mushy.***

5. If desired, add cinnamon or nutmeg.

PORTION: ⅔ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Rhubarb, A.P.	35 lbs.	—
Salt	½ oz.	1 Tbsp.
Sugar	10 lbs.	1¼ gals.
Water	—	1¾ qts.
Cinnamon*	½ oz.	1¾ Tbsp.
Nutmeg*	½ oz.	1¾ Tbsp.

*Optional.

VARIATIONS

Use as a garnish for Meats or as a Dessert.

No. 262 STEWED DRIED FRUIT

PORTION: 3 oz.				SERVINGS: 100
FRUIT	Weight (lbs.)	WATER AMOUNT (Approx.)	METHOD	SUGAR Amount (Approximate)
Apples	9	To cover	Heat to boiling temperature. Then simmer 40 minutes.	None needed. If desired add 1 ounce for each pound of apples.
Apricots	9	To cover	Heat to boiling temperature. Then simmer 30 to 40 minutes.	Add 2 ounces for each pound of apricots.
Figs	9	To cover	Heat to boiling temperature. Then simmer 20 to 30 minutes.	Add one ounce to each pound of figs. Add during last 15 minutes of cooking.
Peaches	9	To cover	Heat to boiling temperature. Then simmer 35 to 45 minutes.	Add 1 ounce for each pound of peaches.
Pears	8	To cover	Heat to boiling temperature. Then simmer 25 to 35 minutes.	Add 1 ounce for each pound of pears.
Prunes	11	To cover	Heat to boiling temperature. Then simmer 45 to 60 minutes.	None needed. If desired add 2 ounces for each pound of prunes.

DIRECTIONS

Remove cores in apples and pears before cooking. Rinse fruit and drain before cooking. Cook in covered vessel. Stir in sugar only during last 5 minutes of cooking. In simmering prunes it is advisable to use a shallow pot in order to avoid crushing and breaking fruit on the bottom.

VARIATION

Flavor with lemon slices, cloves, cinnamon sticks during simmering. Use sparingly to avoid over-flavoring.

Fruit Compote . . . Serve a combination of three or four fruits as a compote.

No. 263 BAKED BANANAS

FIRST . . .

1. Peel and split bananas. Place in well greased baking pans. Brush well with butter. Sprinkle lightly with salt.

THEN . . . 20 minutes before serving:

2. Bake in moderate oven (375° F.) 15 to 18 minutes or until tender. Test for doneness by piercing with fork.
3. Serve very hot as vegetable or as dessert with Custard Sauce or Lemon Sauce.

VARIATIONS (100 servings)

Bananas Baked with Maple Syrup . . . Brush bananas with lemon juice. Pour syrup over bananas, allowing ¾ to 1 cup for every 6 bananas. Bake as for Baked Bananas. Serve hot as a sweet entree with beef or ham or with Vanilla Cream Sauce as a hot dessert.

Bananas Baked with Sugar (Glazed) . . . Sprinkle white or brown sugar lightly over bananas. Add cinnamon if desired. Bake as for Baked Bananas. Serve hot as an entree with beef, ham, chicken or turkey.

PORTION: 2 halves		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bananas, firm	25 to 30 lbs.	100
Butter, melted	1 lb., 4 oz.	2½ cups
Salt	—	As desired

Bananas Baked with Cranberries . . . Thin cranberry sauce with hot water and pour cranberry sauce over bananas allowing 1 cup for every 6 bananas. Bake as for Baked Bananas. Serve hot with beef, chicken or turkey.

Bananas Baked with Jelly or Jam . . . Spread tart jelly or jam over bananas allowing 1 to 2 tablespoons for each banana. Bake as for Baked Bananas. Serve hot as a sweet entree or as a dessert.

Suggestions for Leftovers

Serve as a garnish for meats or combine with a pudding for desserts.

No. 264 BANANA FRITTERS

PORTION: 2		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Flour, sifted	4½ lbs.	4½ qts.
Sugar	1¾ lbs.	2¼ cups
Salt	3 oz.	6 Tbsp.
Baking powder	4 oz.	⅔ cup
Milk, evaporated	—	2 No. 1 cans (3½ cups)
Water	—	3½ cups
Egg, beaten	1½ lbs.	12 eggs (1¼ cups)
Shortening, melted	6 oz.	¾ cup
Bananas	—	50 to 60
Flour, sifted	1 lb.	1 qt.
Shortening for frying	—	—

FIRST . . .

1. Sift flour, sugar, baking powder and salt together.
2. Combine milk, water, beaten egg and shortening; mix well. Add to flour mixture; stir until smooth.

THEN . . . 20 minutes before serving:

3. Peel and cut each banana into four diagonal pieces. Roll each piece lightly in flour.
4. Drop pieces of banana into batter; stir lightly until each piece is completely covered.
5. Fry bananas in deep hot fat (375° F.) 4 to 6 minutes, turning frequently to cook them evenly.
6. Drain on absorbent paper or rack.
7. Serve very hot.

VARIATIONS (100 servings)

Pineapple Fritters . . . Substitute 3 No. 10 cans thoroughly drained diced pineapple for the bananas in recipe for Banana Fritters. (Use the juice to serve on the fritters.)

Peach Fritters . . . Substitute 2 No. 10 cans thoroughly drained sliced peaches for the bananas in recipe for Banana Fritters.

Apple Fritters . . . Substitute 2 No. 10 cans thoroughly drained sliced apples for the bananas in the recipe for Banana Fritters.

No. 265 CRANBERRY SAUCE

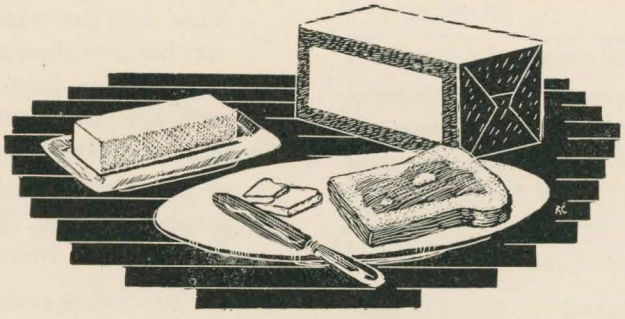
PORTION: 2½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	5 lbs.	11½ cups
Water, boiling	—	2 qts.
Cranberries	5 lbs.	5 pts.

FIRST . . .

1. Mix sugar and hot water. Heat to boiling point; boil 5 minutes.
2. Wash cranberries.

THEN . . . Allowing 20 minutes preparation time (see step 5):

3. Add cranberries to boiling syrup. Heat to boiling point; reduce heat and simmer, without stirring, 5 to 10 minutes or until all skins pop open.
4. Remove from heat.
5. *Cool before serving.*



Dessert Recipes

Desserts are the "happy ending" to the meal, as their delicate flavors lend satisfaction and well-being after the more highly-seasoned heavy foods. Also, desserts offer the opportunity to supply any essential nutrients not included in the rest of the meal. For example, desserts can utilize sugars and starches, milk, eggs and fruits. In selecting the dessert, keep *contrast* in mind. Don't have a cream dessert with a cream soup or a fruit dessert with a fruit salad.

Baked products, such as pastries and cakes, make excellent desserts, especially when the rest of the meal has not been too heavy.

Pudding powders are a combination of starch, sugar, milk powder and flavoring. When mixed with milk or water and heated they become a smooth pudding. Assorted flavors are vanilla, chocolate and butterscotch.

Cooking Desserts

Desserts are simple to prepare if directions are followed carefully. The most delicious dessert can be a disappointment if not cooked properly. An excellent custard, for example, can curdle when cooked at too high temperatures; gelatins won't be "jelled" if temperature or gelatin-liquid proportion is wrong; ice cream can either be "soupy" or too hard to spoon if preparation isn't carefully scheduled. Brown Betty allowed to cool and get soggy is a far cry from the warm, crusty pudding expected.

What to Do with Leftovers

Cake can be used in puddings or as crumbs on Brown Betty. If stale cake is frosted, remove frosting and serve cake with custard sauce.

Fruit can be used in salads, cut up with other fruit in fruit cup or in combination with a sauce for a pudding or fruit gelatin dessert.

Fruit juice may be poured over cut raw fruit for a fruit cup or used in dessert sauces. Don't discard surplus syrup from canned fruits.

No. 266 PRUNE WHIP

Preparation and chilling time—3 hours.

1. Soak prunes until plump. Simmer until tender. Drain.
2. Dissolve orange flavored gelatin in boiling hot water, then add fruit juice.
3. Force prunes through a sieve or remove pits and chop very fine. Add sugar and combine with gelatin liquid.
4. Chill until thickened but not firm.
5. Beat with wire whip or in mixing machine until fluffy and thick.
6. Chill until firm.
7. Serve with creamy vanilla sauce.

PORTION: 4 oz. SERVINGS: Approximately 100		
INGREDIENTS	WEIGHTS	AMOUNTS
Dried prunes	6 lbs.	4½ cups
Water (cold) for soaking and simmering prunes	——	3 qts.
Orange gelatin	2¾ lbs.	2½ qts.
Water and fruit juice (hot) for gelatin	——	5½ qts.
Sugar	2 lbs.	1 qt.

VARIATIONS (100 servings)

Apricot Whip . . . Substitute 6 lbs. apricots for the prunes and prepare as for Prune Whip.

Strawberry Whip . . . Substitute strawberry-flavored gelatin or frozen strawberries. Follow and prepare as for Prune Whip.

No. 267 FRUIT AND RICE COMPOTE

Preparation and chilling time—3 hours.

1. Soak gelatin in 1 qt. of the fruit juice mixture until it swells.
2. Add boiling water and then add lemon juice and sugar and stir until dissolved. Add additional fruit juice.
3. Chill until slightly thickened.
4. Fold in fruits and cooked rice.
5. Place in pans—chill until firm.
6. Serve with Custard Sauce.

Suggestions for Leftovers

Serve again with Fruit Sauce or Orange Sauce.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Plain gelatin	1 lb.	3¼ cups
Water, boiling	8 lbs.	1 gal.
Granulated sugar	8 lbs.	4½ qts.
Lemon juice	4 lbs.	2 qts.
Fruit juices, mixed	4 lbs.	2 qts.
Pineapple tidbits (canned)	3¼ lbs.	½ No. 10 can (1½ qts.)
Rice, cooked	5 lbs.	3 qts.
Apricots, quartered	3¼ lbs.	½ No. 10 can (1½ qts.)

No. 268 LEMON GELATIN

Preparation and chilling time—3 hours.

1. Pour *cold* water over gelatin; mix and allow to stand 5 minutes.
2. Add boiling water and sugar; stir until sugar is dissolved.
3. Add lemon juice, mix thoroughly
4. Pour into pans and chill until firm.
5. Cut into squares.

NOTE: ***In tropical climates a slight increase in quantity of gelatin may be needed to keep gelatin firm.***

VARIATIONS (100 servings)

Fruit Gelatin . . . When the above mixture begins to set add 2 No. 10 cans mixed canned fruits or fresh fruits plus some fruit juice.

Gelatin Cubes . . . Mold gelatin mixture in ½ inch layers in shallow pans. When firm, cut in ½ inch cubes.

PORTION: ¾ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Water, cold	—	1¼ qts.
Plain gelatin	1 lb.	3¼ cups
Water, boiling	—	2½ gals.
Sugar, granulated	10 lbs.	5½ qts.
Lemon juice	—	7 cups (40-44 lemons)

NOTE: ***Use warm sharp knife in cutting gelatin to avoid tearing edges.***

Whipped Gelatin . . . When gelatin is almost set, beat with an egg beater. This whipping doubles the volume. After it is whipped, pile in glasses or dishes and chill.

No. 269 CHERRY ROLL

Preparation time—1½ hours.

1. Prepare biscuit dough. (See Baking Section.)
2. Roll dough on floured surface to a thickness of ¼ inch.
3. Drain cherries. Reserve juice for sauce.
4. Combine sugar and cinnamon.
5. Spread dough with cherries. Sprinkle with sugar mixture.
6. Roll the long edge as for jelly roll. Moisten edges of the dough to aid in sealing the rolls. Place on greased bun pans in strips about 22 inches long.

PORTION: 1 slice		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Biscuit dough	10 lbs.	—
Cherries (pitted, red, sour)	12¾ lbs.	2 No. 10 cans (6½ qts.)
Sugar	3 lbs.	6⅞ cups
Cinnamon	¼ oz.	1 Tbsp.

7. Bake in moderate oven (375° F.) about 30 minutes.
8. Cut into 2-inch thick slices. Top with Cherry Sauce.

[*Con't. next page*]

VARIATIONS (100 servings)

Berry Roll . . . Use berries, fresh, sugared and drained or canned and drained in place of cherries. Serve with Hard Sauce or Lemon Sauce.

Suggestions for Leftovers

Remove Cherries and use in Sauce or in combination with other fruit in a pudding or cake filling.

No. 270 RICE CUSTARD PUDDING

Preparation time—1½ hours.

1. Heat milk and water to scalding.
2. Mix sugar and salt with slightly beaten eggs. Add hot milk gradually, then add vanilla and cooked rice.
3. Pour into greased baking pans. Sprinkle cinnamon and nutmeg, mixed together, over top of each pan.
4. Bake in moderate oven (350° F.) about 1 hour.
5. Serve with Lemon Sauce or Vanilla Sauce.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	12½ lbs.	14 No. 1 cans (5¾ qts.)
Water	——	1½ gals.
Rice, cooked	12 lbs., 2 oz.	2 gals.
Sugar	3 lbs.	6⅞ cups
Butter, melted	1 lb.	2 cups
Eggs, slightly beaten	2 lbs.	20 eggs (1 qt.)
Salt	1 oz.	2 Tbsp.
Cinnamon	¼ oz.	1 Tbsp.
Nutmeg	¼ oz.	1 Tbsp.
Vanilla	2 oz.	¼ cup

No. 271 TAPIOCA CREAM (Quick-Cooking)

Preparation and chilling time—1½ hours.

1. Combine egg yolks with cold milk and water (1) and mix thoroughly.
2. Add egg yolk mixture, tapioca, 2 lbs. sugar to hot milk and water (2).
3. Cook over rapidly boiling water 5 minutes, stirring frequently. Remove from fire. (Do not overcook.) Mixture will be thin.
4. Add salt to egg white and beat whites until stiff but not dry; add remaining sugar gradually and continue to beat until stiff enough to stand in peaks.
5. Stir small amount of hot tapioca gradually into egg whites. Return egg white mixture to remaining tapioca mixture. Cool. Mixture thickens as it cools.
6. When slightly cool, add vanilla, chill and serve with a sweet sauce.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Egg yolks, well beaten	8 oz.	12 yolks (1 cup)
Milk, evaporated (1)	14 oz.	1 can
Cold water (1)	——	1 pt.
Tapioca, quick-cooking	1¼ lbs.	4 cups
Sugar	3 lbs.	6⅞ cups
Salt	1 oz.	2 Tbsp.
Milk, evaporated (2)	12¼ lbs.	14 cans (5¾ qts.)
Water (2)	——	5½ qts.
Egg whites	12 oz.	12 whites (1½ cups)
Vanilla	1½ oz.	3 Tbsp.

VARIATIONS (100 servings)

Chantilly Tapioca and Peaches . . . Add small amount of almond extract to Tapioca Cream (above). Fold in canned or frozen peaches.

Fig or Apricot Fancy . . . Serve Tapioca Cream with sauce of chopped stewed or canned figs or apricots.

Tapioca with Jelly . . . Serve Tapioca Cream garnished with bits of red jelly or preserves and shredded cocoanut.

Prune Cream . . . Mix coarsely cut pitted prunes with cold Tapioca Cream. Garnish with sauce of chopped stewed prunes.

Banana Tapioca . . . Fold diced bananas into Tapioca Cream. Garnish with chocolate sauce and sliced bananas.

Creamy Tapioca with Chocolate Sauce . . . Serve Tapioca Cream with rich chocolate sauce. Garnish with chopped nuts or cocoanut.

Maple Cream . . . Serve Tapioca Cream with Maple Syrup, top with nuts.

No. 272 TAPIOCA CREAM (Pearl Tapioca)

Preparation and chilling time—3 hours.

1. Soak tapioca in cold water overnight.
2. Drain. Add hot milk and water. Cook 1½ to 2 hours or until clear.
3. Combine eggs, sugar and salt. Add tapioca mixture, stirring constantly.
4. Continue cooking slowly, only until egg is cooked.

NOTE: *Over-cooking after egg is added will cause mixture to curdle.*

5. Remove from fire. Stir in vanilla.
6. Chill and serve.
7. Serve plain or garnish with canned or fresh fruit.

VARIATIONS (100 servings)

Banana or Peach Tapioca . . . Garnish Tapioca Cream with fresh or frozen or canned sliced peaches, or fold drained peaches into Tapioca Cream.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pearl tapioca	2 lbs.	1¾ qts.
Cold water	——	To cover
Milk, evaporated (hot)	12 lbs.	14 No. 1 cans (5¾ qts.)
Water, hot	8 lbs.	1 gal.
Eggs, slightly beaten	2 lbs.	20 eggs (1 qt.)
Sugar	3½ lbs.	2 qts.
Salt	1 oz.	2 Tbsp.
Vanilla	1 oz.	2 Tbsp.

Creamy Tapioca with Chocolate Sauce . . . Serve chilled Tapioca Cream with Chocolate Sauce. Garnish with nuts or cocoanut.

Tapioca with Jelly . . . Serve Tapioca Cream garnished with red jelly and cocoanut.

Maple Cream . . . Serve Tapioca with Maple Syrup.

No. 273 BASIC BAKED CUSTARD

Preparation time—1½ hours.

1. Beat eggs with sugar and salt until sugar is dissolved.
2. Add milk, then boiling water and vanilla.
3. Pour into custard cups. Sprinkle with nutmeg. Set cups in pan half-filled with hot water. Bake in moderate oven (350° F.) until an inserted table knife comes out clean, about 40 minutes.

VARIATIONS (100 servings)

Caramel Custard . . . Increase the sugar to 4½ pounds. Caramelize the sugar by heating it in skillet over low flame; dissolve caramel in the boiling water.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Eggs	4¾ lbs.	4 doz. (2½ qts.)
Sugar	4 lbs.	9 cups
Milk, evaporated	12½ lbs.	14 No. 1 cans (5¾ qts.)
Salt	½ oz.	1 Tbsp.
Water, boiling	12 lbs.	1½ gals.
Nutmeg	½ oz.	2 Tbsp.
Vanilla	1 oz.	2 Tbsp.

Beat eggs, add milk, caramel syrup and flavoring. Then proceed as for baked custard.

No. 274 CABINET PUDDING

Preparation and chilling time—3 hours.

1. Soak gelatin in cold water. Dissolve it over hot water (double boiler).
2. Beat egg yolks and sugar until light.
3. Add dissolved gelatin to egg yolk mixture and cook until eggs are slightly thickened.
4. Add vanilla.
5. Beat egg whites and salt until stiff.
6. Fold them into the egg yolk mixture.
7. Line a pan with cake crumbs. Then a layer of custard mixture and alternating layers of each with the custard layer on top. Chill.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Gelatin	1 lb.	3¼ cups
Cold water	4 lbs.	2 qts.
Egg yolks	1 lb., 6 oz.	2¾ cups (32 eggs)
Egg whites	2 lbs.	4 cups
Sugar	2 lbs.	4½ cups
Vanilla	1 oz.	2 Tbsp.
Salt	½ oz.	1 Tbsp.
Cake crumbs	15 lbs.	4¾ gals.

No. 275 APPLE BROWN BETTY

Preparation time, exclusive of chilling—2 hours.

1. If fresh apples are used, wash apples; pare, core and slice or dice—wash raisins.
2. Line greased baking pans with bread crumbs; cover with a layer of apples.
3. Arrange alternate layers of remaining bread crumbs, raisins, apples and sugar mixture, making top layer crumbs.
4. Combine water, lemon juice and butter. Pour over mixture.
5. Bake in moderate oven (375° F.) 45 to 60 minutes or until top is browned and apples are tender.
6. Serve hot or cold with Lemon Sauce.

PORTION: 6 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bread cubed or crumbs dry	6 lbs.	3 No. 10 cans (7½ qts.)
Apples, sliced or diced	20 lbs.	5 gals.
Sugar, brown	6 lbs.	4½ qts.
Nutmeg	½ oz.	2 Tbsp.
Cinnamon	1 oz.	4 Tbsp.
Water	—	2 qts.
Lemon juice	—	1 cup (6 lemons)
Butter, melted	2 lbs.	1 qt.
Seedless raisins	3 lbs.	2½ qts.

No. 276 PINEAPPLE TAPIOCA

Preparation and chilling time—1½ hours.

1. Combine crushed pineapple, sugar and lemon juice; let stand 30 minutes.
2. Add tapioca and salt to pineapple juice and water; cook over rapidly boiling water 5 minutes, stirring frequently. Mixture will be thin —*do not overcook*.
3. Cool—mixture clears and thickens as it cools.
4. When slightly cool, fold in pineapple mixture. Chill and serve.

PORTION: ½ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pineapple, crushed, drained	8 lbs.	2 No. 10 cans
Sugar	2 lbs.	1 qt.
Lemon juice	—	½ pt.
Tapioca, quick-cooking	1½ lbs.	4½ cups
Salt	1½ oz.	3 Tbsp.
Hot pineapple juice and water	—	1½ gals.

No. 277 BREAD PUDDING

Preparation time—1¾ hours.

1. Cube bread in 1" pieces, and divide evenly among pudding pans.
2. Heat milk and water to scalding temperature.
3. Mix sugar, salt and eggs, lightly beaten. Mix thoroughly.
4. Pour small amount of milk over egg mixture, stirring well. Then combine egg mixture with remaining milk. Add vanilla, mix well.
5. Pour over bread cubes to a level of 2 to 2½ inches deep.
6. Bake in moderate oven (375° F.) for about 1 hour.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	12 lbs.	14 No. 1 cans (5¾ qts.)
Water	—	1½ gals.
Bread (1" cubes)	2½ lbs.	1¼ gals.
Sugar	3 lbs.	6⅞ cups
Butter, melted	1 lb.	2 cups
Eggs, beaten lightly	2 lbs.	20 eggs (1 qt.)
Salt	3 oz.	6 Tbsp.
Vanilla	2 oz.	¼ cup

VARIATIONS (100 servings)

Chocolate Bread Pudding . . . In step 3 add 1 lb. (4½ cups) cocoa, to sugar, salt and slightly beaten eggs.

Raisin Bread Pudding . . . Add 3 pounds (2¼ qts.) washed seedless raisins to bread mixture before baking.

Caramel Bread Pudding . . . Use brown sugar in place of granulated sugar.

No. 278 BUTTERSCOTCH PUDDING

Preparation time, exclusive of chilling—2 hours.

1. Combine sugar, salt and butter. Cook over low heat until sugar is melted.
2. Blend together cornstarch and 1 quart of the water to a smooth paste.
3. Heat the remaining milk and water to scalding temperature. Stir cornstarch paste into milk. Mix until smooth.
4. Add sugar butter mixture. Mix thoroughly.
5. Cook in double boiler about 30 to 40 minutes, or until thick and smooth.
6. Remove from heat. Cool. Stir in vanilla. Serve cold.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar, brown	5 lbs.	3¼ qts.
Butter	2½ lbs.	1¼ qts.
Salt	3 oz.	6 Tbsp.
Cornstarch	1 lb.	3 cups
Water	—	1½ gals.
Milk, evaporated	10½ lbs.	12 No. 1 cans (2 gals.)
Vanilla	2½ oz.	5 Tbsp.

VARIATIONS (100 servings)

Walnut Butterscotch Pudding . . . Add 1 lb. (1½ pts.) chopped walnuts with vanilla. Shredded cocoanut can be sprinkled on top of pudding.

No. 279 VANILLA CREAM PUDDING

Preparation and chilling time—1½ hours.

1. Beat egg and egg yolks slightly.
2. Heat milk and water to scalding point.
3. Combine sugar, cornstarch and salt. Stir into milk.
4. Cook, stirring constantly, about 10 minutes or until thickened. Remove from heat.
5. Add small amount to eggs stirring constantly. Return egg mixture to rest of mixture in double boiler and continue with cooking for 5 minutes.
6. Add vanilla when cool.
7. Pour into shallow containers to chill before serving.
8. Serve with Fruit Sauce.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	12½ lbs.	14 No. 1 cans (5¾ qts.)
Water	—	1½ gals.
Sugar	3 lbs.	6⅞ cups
Cornstarch	10 oz.	2 cups
Salt	1 oz.	2 Tbsp.
Eggs, whole, slightly beaten	2½ lbs.	25 eggs (1¼ qts.)
Vanilla	4 oz.	½ cup

VARIATIONS (100 servings)

Cocoanut Cream Pudding . . . Stir in 1 pound 4 oz. (1⅞ qts.) shredded cocoanut to above recipe.

Cherry Cream Pudding . . . Omit vanilla. Stir in 1 qt. of cherries, 2 oz. (¼ cup) lemon juice and 1 oz. (2 Tbsp.) almond extract.

No. 280 CREAM RICE PUDDING WITH RAISINS

Preparation time—2 hours.

1. Wash raisins.
2. Heat milk to scalding in steam jacketed kettle or in double boiler.
3. Wash rice until water is clear.
4. Stir rice into milk. Let simmer about 45 minutes or until rice is tender. Stir occasionally.
5. Stir in sugar, salt, raisins and butter.
6. Pour into greased baking pans. Sprinkle nutmeg over top of pudding.
7. Bake in moderate oven (350° F.) about 30 minutes.

PORTION: ½ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Rice	4 lbs.	2 qts.
Milk, evaporated	16 lbs.	20 No. 1 cans (2 gals.)
Water	—	1½ gals.
Sugar	4 lbs.	2 qts.
Raisins	4 lbs.	3 qts.
Butter	8 oz.	1 cup
Nutmeg	¼ oz.	1 Tbsp.
Salt	1½ oz.	3 Tbsp.

No. 281 CHOCOLATE BAVARIAN CREAM

Preparation and chilling time—3 hours.

1. Soak gelatin in first evaporated milk combination (1).
2. Combine cocoa, ½ of sugar, and hot evaporated milk and water (2) and heat in double boiler until blended.
3. Combine egg yolks, salt and remaining sugar. Add to cocoa mixture and cook over hot water 5 to 7 minutes or until mixture coats the spoon, stirring constantly.
4. Remove from hot water; add gelatin which has been soaked and stir until dissolved.
5. Add vanilla and the remaining evaporated milk (3).
6. Turn into shallow pans and chill.

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Plain gelatin	6 oz.	1¼ cups
Milk, evaporated (1)	14 oz.	1 No. 1 can
Water (1)	1 lb.	1 pt.
Cocoa	14 oz.	4 cups
Sugar	5 lbs.	5½ pts.
Milk, evaporated (2) hot	12½ lbs.	14 No. 1 cans (5¾ qts.)
Water (2)	—	1½ gals.
Egg yolk, well beaten	1 lb., 6 oz.	2¾ cups (32 yolks)
Salt	1 oz.	2 Tbsp.
Vanilla	1 oz.	2 Tbsp.
Milk, evaporated (3)	4½ lbs.	5 No. 1 cans (2⅛ qts.)

No. 282 APPLE DUMPLINGS

Preparation time—1½ hours.

1. Roll pastry dough on floured surface to ½ inch thickness. Cut into 5-inch squares.
2. Pare, core and slice apples or leave whole.
3. Mix together sugar and cinnamon or nutmeg. Add about 1 oz. sugar mixture to each dumpling, dot with butter.

NOTE: *Lemon juice may be added if apples are not tart.*

4. Fold opposite corners of dough over apples. Pinch edges firmly. Place on bun pan.
5. Bake in hot oven 400° F. about 40 minutes.

NOTE: *Small amount of water may be needed.*

6. Serve warm with Lemon Sauce.

PORTION: 1 dumpling		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Pastry dough*	15 lbs.	—
Apples, pared, cored, whole or sliced		
Fresh, frozen	25 lbs.	5¾ gals.
Canned	—	3 No. 10 cans
Sugar	6 lbs.	3 qts.
Cinnamon or nutmeg	2 oz.	9 Tbsp.
Butter	1½ lbs.	3 cups
* See Baking Section.		

Suggestions for Leftovers

Apple Cobbler or Apple Brown Betty.

No. 283 SOFT CUSTARD OR CUSTARD SAUCE

Preparation and chilling time—1 hour.

1. Scald milk and water.
2. Combine eggs, salt and sugar.
3. Add milk slowly and cook in top of double boiler until mixture coats a spoon.
4. Add vanilla, turn into individual serving dishes and chill.

VARIATIONS (100 servings)

Caramel Custard Sauce . . . Use brown sugar in place of granulated sugar.

Fruit Custard Sauce . . . Pour custard over fresh, canned or frozen fruits. Chill.

PORTION: 4½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Eggs	3 lbs.	3 pts. (30 eggs)
Milk, evaporated	12½ lbs.	14 No. 1 cans (5¾ qts.)
Water	12 lbs.	1½ gals.
Sugar	2 lbs.	4½ cups
Salt	½ oz.	1 Tbsp.
Vanilla	1 oz.	2 Tbsp.

Ice Cream and Sherbet

If carefully observed, the following directions will be helpful in producing ice cream or sherbet of good quality.

Keep the freezer, the measuring utensils, ice cream can and all other equipment scrupulously clean and properly sterilized.

Weigh or measure all ingredients accurately to insure uniformity, proper texture and pleasing flavor in the finished product.

Keep the blades of the freezer sharp and properly adjusted since faulty adjustment allows a thin layer of cream to freeze along the inside wall of the freezer. This tends to insulate the batch and lengthens the freezing time.

Digging or pushing the scoop into the ice cream will compress it and reduce the number of servings per gallon.

No. 284 VANILLA ICE CREAM

FIRST . . .

1. Mix cornstarch, salt, and ½ sugar together.
2. Mix milk and water; add to cornstarch mixture. Mix well.
3. Heat to boiling, reduce heat and simmer until thick, stirring constantly.
4. Mix beaten eggs and remaining sugar; add to cooked mixture a little at a time, beating after each addition.
5. Cool; add cream and vanilla. Mix well.

THEN . . . 3 to 4 hours before serving:

6. Place can in freezer; put in dasher and fill can ⅔ full of mixture. Cover and adjust crank.
7. Pack with alternate layers of ice and coarse salt to within 3 inches of top. Use six parts ice to one part salt.
8. Turn crank steadily and slowly. The mixture is frozen when the crank turns hard. While freezing, add more salt and ice if necessary.
9. Remove dasher, replace lid, plug up dasher hole and pack freezer with additional ice and salt. Allow to stand 2 hours before serving.

YIELD: 4 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Cornstarch	8 oz.	1 pt.
Salt	½ oz.	1 Tbsp.
Sugar	5 lbs.	2½ qts.
Milk, evaporated	—	13 No. 1 cans (1½ gals.)
Water (for milk)	—	1½ gals.
Eggs, slightly beaten	—	24 eggs
Cream, thin	—	1 pt.
Vanilla	2½ oz.	5 Tbsp.

VARIATIONS (100 servings)

Chocolate Ice Cream . . . Add 1¼ pounds (1 qt.) cocoa to dry ingredients in recipe for Vanilla Ice Cream. Increase sugar to 7 pounds (3½ qts.).

Coffee Ice Cream . . . Substitute 2 quarts strong coffee for an equal amount of water in recipe for Vanilla Ice Cream. Increase sugar to 6 pounds (3 qts.).

Fruit Ice Cream . . . Increase sugar to 6 pounds (3 qts.) in recipe for Vanilla Ice Cream. Omit vanilla. Add 1 gallon crushed fruit such as peaches, raspberries, or strawberries.

No. 285 ORANGE ICE

FIRST . . .

1. Mix gelatin and sugar. Pour boiling water over gelatin mixture; stir until gelatin and sugar are dissolved.
2. Add cold water; cool.
3. Add orange and lemon juice; mix thoroughly.

THEN . . . About 4 hours before serving:

4. Freeze, following directions for freezing Vanilla Ice Cream.

YIELD: 5 gallons		
INGREDIENTS	WEIGHTS	AMOUNTS
Gelatin, orange flavor	26 oz.	—
Sugar, granulated	8 lbs.	—
Water, boiling	—	2 gals.
Water, cold	—	2 gals.
Orange juice	—	1 gal.
Lemon juice	—	½ pt.

VARIATIONS

Lemon Ice . . . Substitute lemon flavored gelatin for orange flavored gelatin in recipe for orange ice. Omit orange juice and use 1 qt. lemon juice.

Raspberry Ice . . . Substitute raspberry flavored gelatin for orange juice. Increase lemon juice to 1 pt.

Beverages

The most popular beverages are milk, coffee, cocoa and tea. When the fresh milk supply is exhausted, cocoa made with evaporated or powdered milk can give variety to beverage choice.

Freshly boiled fresh water is essential for good coffee or tea. (Do *not* use water from the hot water faucet!) Do not boil over a long period of time as the water will develop a flat taste which will affect the beverage.

Allow only enough time for the fresh water to come to a boil before making coffee or tea—but be sure it is boiling.

Prepare beverages frequently — only enough to last a short time.

Coffee, a popular drink, also serves to flavor icings and fillings, puddings and ice cream. Most of the coffee on the market is a blend of several varieties of beans with slightly different flavors from South and Central American countries. The varieties of beans are blended while they are green, and then roasted. How coarse or fine the roast coffee should be ground depends on the method of brewing to be used. Coffee should be ground coarse for boiling, medium coarse for percolators, medium fine for urns, very fine for drip. Coffee to be used in glass bowl coffee makers should be pulverized.

Ground coffee, when exposed to air, loses its aroma, flavor and strength very quickly. Vacuum-packing in tins or glass removes most of the air from the container and keeps the flavor of the coffee fairly fresh for at least 12 months. For this reason, vacuum-packed coffee is recommended for use aboard ship. If coffee is wrapped in bags it can be made to retain its flavor longer if the bags are kept in air-tight containers.

Tea is made from the leaves of an evergreen shrub. It is a delicious drink alone and an excellent base for cold fruit drinks.

Cocoa is the ground seed of the cacao or chocolate tree. Chocolate becomes cocoa when about 50% of the fat is removed. Cocoa in combination with milk makes a nourishing beverage that may be served either hot or cold. The low fat content of cocoa makes it easier to digest than chocolate.

What to Do with Leftover Beverages

Beverages can usually be served chilled or used as flavorings: coffee (iced coffee, flavoring for puddings or desserts); tea (iced tea or as a base for fruit punch or fruit cocktails); cocoa (chilled drink or in chocolate pudding or frosting filling.)

No. 286 COFFEE (Urn Method)

YIELD: 5¾ gals.	SERVINGS: 120 cups (approx.)	
INGREDIENTS	WEIGHTS	AMOUNTS
Coffee, regular grind	3 lbs.	3¾ qts.
Water, freshly drawn, cold	—	6 gals.

FIRST . . .

1. Fill boiler of urn with water and bring to a boil.
2. Put coffee in clean urn filter bag and place in urn crock.

THEN . . . 15 minutes before serving:

3. Using a standard gallon measure, pour the boiling water through the coffee.

NOTE: *Use ½ pound of coffee for every gallon of water. Pour right amount of boiling water, 1 gallon at a time, through coffee with circular motion.*

4. Repour ½ of the brew back through grounds immediately. Coffee is then ready to serve. (Remove coffee bag as soon as all the water runs through.) One gallon of water will yield 20 cups of coffee with this method.

NOTE: *Make only as much as you need at any one time.*

COFFEE (Boiling Method) YIELD: 150 cups

Pour 7½ gallons freshly drawn water into a large kettle; heat to boiling point, stirring well. Pour 3 pounds loose regular grind coffee into the boiling water. Reduce heat; brew 10 to 12 minutes. If necessary, settle grounds by sprinkling a small amount of cold water over coffee. (Use less than ½ pint cold water to 1 pound coffee.) The cold water helps to carry the grounds to the bottom of the kettle. Pour coffee carefully to avoid stirring up the grounds.

COFFEE (Percolator Method) For small amounts—approximately 8 cups

Measure 3¼ pts. freshly drawn water into bottom of percolator. Insert basket of percolator into pot. Measure 7½ heaping tablespoons of regular grind coffee into the basket. Place over heat. Allow water to percolate through coffee about 10 minutes. The coffee is then ready to serve.

ICED COFFEE YIELD: 100 8-oz. glasses

Prepare iced coffee as in recipe for hot coffee but make *twice* as strong. Use twice as much ground coffee to the same amount of water as is used in making hot coffee to make up for the dilution caused by the melting ice. Remove coffee brew from urn or kettle, place in a dispenser with enough ice to keep coffee well chilled until served.

No. 287 HOT TEA

NOTE: *Tea must be made just before serving. The tea leaves must never be boiled as this changes the flavor and gives the tea a bitter taste.*

YIELD: 120 cups		
INGREDIENTS	WEIGHTS	AMOUNTS
Water, freshly drawn	—	6 gals.
Tea	6 oz.	1¼ pts.

FIRST . . .

1. Place tea in muslin bag. Tie the bag loosely with a cord long enough to facilitate removal. When tying loosely, allow for expansion of the leaves.
2. Measure cold fresh water into kettle or urn. Heat to boiling temperature. Reduce heat.

THEN . . . 10 minutes before serving:

3. Drop tea bag into water, tie cord to handle of kettle. Cover. Steep about 5 minutes.
4. Remove bag. Pour tea into pre-heated pitchers and serve.

VARIATIONS (yield: 100 8-oz. glasses)

Iced Tea . . . Use 7 oz. (1⅓ pts.) tea and 6 gallons of water. Prepare brew. Sweeten tea when hot, using about 4 ounces (½ cup) to each gallon of tea. Cool. Stir in or pour over enough ice to chill. Serve with lemon.

Fruit Punch . . . Using sweetened iced tea as a base, add two or more fruit juices, such as grape juice, pineapple juice, grapefruit juice or lemon juice. Substitute 1 quart of each for equal amounts of tea to make a cooling Fruit Punch.

No. 288 HOT COCOA

FIRST . . .

1. Heat milk to simmer point.

NOTE: *Heat milk over water or in steam-jacketed kettle. Do not boil.*

THEN . . . 20 minutes before serving:

2. Combine cocoa, sugar and salt.
3. Add water gradually to make a smooth paste. Heat to boiling temperature.
4. Stir cocoa syrup into milk. Beat thoroughly with wire whip.
5. Serve hot.

NOTE: *During service, keep covered to prevent skin from forming on surface.*

YIELD: 120 cups		
INGREDIENTS	WEIGHTS	AMOUNTS
Milk, evaporated	—	24 No. 1 cans (2½ gals.)
Water for milk	—	2½ gals.
Cocoa	1½ lbs.	1½ qts.
Sugar	3 lbs.	1½ qts.
Salt	1/6 oz.	1 tsp.
Water	—	1½ qts.

No. 289 LEMONADE

FIRST . . .

1. Squeeze lemon juice.
2. Dissolve sugar in hot water. Add to cold water.
3. Add lemon juice.

THEN . . . 1 hour before serving:

4. Thoroughly chill. Serve.

VARIATIONS (100 servings)

Citrus Concentrates . . . Citrus Concentrates may be used instead of lemons and oranges. They should be diluted according to directions on package.

Fruit Lemonade . . . Any fruit juices may be added, such as papaya, apricot, peach, cherry, plum, orange, pear, pineapple, or grapefruit. If syrups from canned fruits are used reduce amount of sugar.

Grape Lemonade . . . Substitute 1 gallon grape juice and 1 pint pineapple juice for equal amounts of cold water.

YIELD: 100 8-oz. glasses		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar	5 lbs.	—
Water, boiling	—	1 gal.
Water, cold	—	5 gals.
Lemon juice	—	1 qt. (24 lemons)

No. 290 COCOA OR CHOCOLATE MILK

HOT . . .

Add chocolate syrup to milk which has been heated to simmering point and stir thoroughly. Use double boiler or steam-jacketed kettle. Serve Cocoa or Chocolate Milk while still hot.

NOTE: *Do not allow milk to boil.*

COLD . . .

Add chocolate syrup to chilled milk. Stir thoroughly. Chill again. Serve very cold.

NOTE: *When using individual packages of hot chocolate powders, follow instructions on package.*

YIELD: 100 8-oz. glasses or 120 cups		
INGREDIENTS	WEIGHTS	AMOUNTS
Chocolate syrup*	10 lbs.	1¼ gals.
Milk, evaporated	—	24 No. 1 cans (2½ gals.)
Water, for milk	—	2½ gals.

* Recipe No. 291.

No. 291 CHOCOLATE SYRUP

FIRST . . .

1. Mix cocoa, sugar and salt together. Stir in enough boiling water to form a smooth paste.

THEN . . . 15 minutes before serving:

2. Add remaining water. Boil 10 minutes. Stir thoroughly.
3. Remove from heat and add vanilla.

NOTE: *This syrup can be kept under refrigeration for several days. Chocolate syrup may be used as a sauce for ice cream or pudding, or for making cocoa and chocolate milk.*

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Cocoa*	2 lbs.	2¼ qts.
Sugar	3 lbs.	1½ qts.
Salt	½ oz.	1 Tbsp.
Water, boiling	—	1 gal.
Vanilla	1 oz.	2 Tbsp.

*Three pounds of melted chocolate may be used in place of two pounds (2¼ qts.) cocoa.

No. 292 PLAIN OR SIMPLE SYRUP

FIRST . . .

1. Mix sugar, water, salt and corn syrup together.

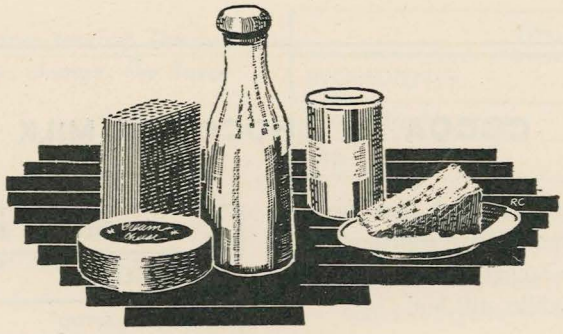
THEN . . .

2. Heat to boiling; reduce heat and simmer about 10 minutes or until thin syrup is formed.
3. Cool; cover and store until needed.

VARIATIONS (100 servings)

Maple Syrup . . . Add 2⅔ Tbsp. maple flavoring to recipe for plain syrup after it is removed from the heat.

YIELD: 1 gal.		
INGREDIENTS	WEIGHTS	AMOUNTS
Sugar, granulated	6 lbs.	—
Water	—	2 qts.
Salt	—	1 tsp.
Corn syrup	—	1 pt.



Dehydrated Foods

Produced under scientific conditions whereby most of the moisture is removed, *dehydrated foods* offer many distinct advantages to the alert Cook. Ease of preparation is one. You have only to follow the simple directions given in this section. Sorting, cleaning, trimming and all the other usual steps in preparation are eliminated. And dehydrated foods take up much less storage space—make stowage easier—and help cut down waste through spoilage.

Make Them Appetizing

At the same time, by careful attention to instructions, dehydrated foods *can* be prepared so they are appetizing and delicious—sure to meet with the crew's critical approval. The important thing is to *follow directions.* Don't rely on "guesswork." Don't depend on "old" methods. Remember, these are *new* products requiring a *new, streamlined way of cooking.*

Use Them Regularly

Bear in mind, too, that dehydrated foods should *not* be used merely as "emergency" rations. Their real purpose is to give you greater variety by *supplementing* other foods that will not keep over long periods. Use them as such! Don't just hold on to them as a last resort. They will not and are not made to last indefinitely. But they *will* add variety and interest to your menus if you use and prepare them properly!

How to Prepare Dehydrated Foods

First, they must be *"reconstituted"*—that is, water must be *added* to replace that which was removed when the products were originally dehydrated. The method of reconstitution is one of the most important things to be considered when using dried foods. Specific instructions are given in each individual recipe, but for best results *you must follow these general directions.*

Measuring Water . . . In measuring or weighing the water to be used, follow the directions *exactly. Careful measurement is essential.* Too little water results in an unsatisfactory finished product. Too much water means wasted food value when the surplus liquid is poured off. All measurements must be *level.*

Measuring Ingredients . . . Measure the ingredients into the previously measured water *exactly as called for.* All measurements should be level.

The water should be either cool or lukewarm. Never use hot water unless the recipe calls for it.

Soaking . . . In most cases a short soaking period will prove helpful. Twenty to thirty minutes soaking at room temperature should be sufficient. Never stop the reconstitution process before the product has become tender. *Never soak vegetables overnight.* Long soakage may result in off-flavors or spoilage.

Simmering Vegetables . . . Place the vegetable on top of the stove. Cover with a tight lid and allow to come to the boiling point. (Strong-flavored vegetables, such as cabbage, turnips or rutabagas should be cooked without a cover). When cooking for a 100-portion recipe, about 45 to 50 minutes are required to reach the boiling point. Smaller portions require less time.

Testing for Tenderness . . . After the food has reached the boiling point, it should be slowly

simmered until soft and tender. Leafy or flaked vegetables, such as cabbage and onions, should become tender within 10 minutes after reaching the boiling point (1 hour total time). Carrots, turnips, and cubed or julienne potatoes may require 15 to 30 minutes after boiling begins. Test the food for tenderness by cutting it with a fork. If it is tough or rubbery, more cooking is required. The food must be *completely reconstituted* before it is served, fried, baked or used as an ingredient of other dishes.

Surplus Water . . . A small quantity of surplus water is necessary if proper reconstitution is to be accomplished. *Hold it to a minimum.* Bear in mind that valuable food elements are lost whenever surplus liquid is discarded. All surplus liquid should be poured over the vegetable or used as a stock in the preparation of soups, meat loaves, croquettes, etc. Surplus liquid may be used as water in the reconstitution of other batches of vegetables. *Because of danger of spoilage, liquids should never be kept overnight.*

Boiling . . . Attempts to force reconstitution through the use of boiling water generally result in an inferior finished product. *A short, preliminary soaking* in either cool or lukewarm water is preferred whenever possible. Products should be brought slowly to a boil *only* after they have soaked the prescribed time. For best results, 30 to 40 minutes should elapse before the boiling point is reached. Vigorous boiling is especially bad and is not recommended at any time.

Dehydrated Eggs

Powdered eggs are prepared by removing the eggs from the shell and drying the eggs by the spray method. By the newer methods of dehydration, egg yolks and whites are dried separately and then combined. Reconstituted powdered eggs have approximately the same food value as fresh eggs. Instructions for reconstituting eggs are given below.

Egg Conversion Table

Fresh Eggs	Powdered Whole Eggs		
Amount	Weight	Measure	Water Measure
1 dozen	5⅓ ounces	1¼ cups	1¼ cups
2 "	10⅔ ounces	2½ cups	2½ cups
3 "	1 lb.	1 pt.	1 pt.
4 "	1⅓ lbs.	1⅓ pt.	1⅓ pt.
8 "	2⅔ lbs.	2⅔ pt.	2⅔ pt.
12 "	4 lbs.	2 qts.	2 qts.
24 "	8 lbs.	1 gal.	1 gal.

Reconstituting powdered eggs: Stir powdered eggs to remove lumps. Add measured water slowly, stirring until a smooth mixture is obtained. If possible put reconstituted eggs in chill box for several hours. Any remaining lumps can easily be removed by heating the cold eggs. If means of refrigeration are not available, use reconstituted eggs within 10 to 15 minutes after mixing with water. In preparing cooked foods, powdered eggs may be added to other dry ingredients without first being reconstituted. Be sure to combine powdered eggs and dry ingredients thoroughly before adding liquids.

Reconstituting Dehydrated Milk

To reconstitute powdered or flaked milk for beverage or cereal, be sure to follow the directions on the can. Each product has its own particular requirements. Then, put in chill-box 6 to 8 hours before serving and season with salt to improve flavor.

Method

In general, the method is as follows: Place in a mixing bowl the measured amount of water specified on can of powdered milk. (Be accurate.) Powdered milk reconstitutes more easily if water is at room temperature. Sprinkle milk powder into water, stirring constantly to properly incorporate the powder. Add the powdered milk to the water slowly. If powder is added too fast, a gummy paste will result.

Notes

1. A wire whip is preferable for incorporating powdered milk into the water when reconstituting it.
2. Make all measurements level.
3. To reconstitute powdered milk for use in coffee, use one-half the amount of water specified in the Table.
4. Powdered milk can be reconstituted with hot water, if hot milk is desired.

Milk, like eggs, can be used for baking by adding dry powder to other dry ingredients and mixing well. Add required amount of water for reconstitution to any other water required in recipe.

Conversion Table No. 8 "How to Substitute Fresh, Evaporated and Powdered Whole or Skim Milk" gives equivalents.

Dehydrated Beets

General Instructions

1. Sliced, cubed, or julienne style dehydrated beets may be used in the preparation of the following recipes. Beets are especially adaptable to dehydration as they can be readily reconstituted to a tender, flavorful product.
2. Approximate equivalents:

   1 pound dehydrated beets equals 12 pounds uncleaned raw beets.

   1 pound dehydrated beets equals 8 pounds canned beets (complete with juice).

No. 293 PICKLED BEETS

FIRST . . .

1. Soak beets and onions separately 20 to 40 minutes.

THEN . . . 5 hours before serving:

2. Bring beets to a boil and cook 15 to 20 minutes after they reach the boiling point.
3. Bring vinegar to a boil and pour over the reconstituted onions, sugar, salt, and pepper.
4. Drain the beets and add to the onion-vinegar mixture.
5. Cool for 4 hours. Serve as cold as possible.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated beets	3½ lbs.	——
Cool water	——	3 gals.
Dehydrated onions	5 oz.	——
Water	——	1 qt.
Vinegar	——	1½ qts.
Sugar	8 oz.	1 cup
Salt	1½ oz.	3 Tbsp.
Pepper	¾ oz.	3 Tbsp.

No. 294 BUTTERED BEETS

FIRST . . .

1. Soak beets 20 to 40 minutes.
2. Bring slowly to a boil and cook 15 to 20 minutes after they reach the boiling point.

THEN . . . 50 to 60 minutes before serving:

3. Drain the beets and season while hot with salt, pepper, and melted butter. Serve.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated beets	3½ lbs.	—
Cool water	—	3 gals.
Salt	1½ oz.	3 Tbsp.
Pepper	½ oz.	2 Tbsp.
Butter	1 lb.	1 pt.

Dehydrated Cabbage

General Instructions

1. Dehydrated cabbage is packed in flaked or shredded form. It is easily reconstituted and cooked. It may be used as a popular ingredient in all types of soups and stews or may be cooked alone. If it is used for cole slaw, the cabbage should be soaked for 3 to 4 hours but not cooked. After soaking or cooking, the cabbage should not be allowed to stand for prolonged periods of time since it will become discolored and will also develop unsatisfactory flavors.

2. Dehydrated cabbage will readily absorb moisture from the atmosphere. It must be held in an airtight container at all times since the absorption of too much moisture will result in the development of unsatisfactory flavors.

3. Approximate equivalents:

1 pound dehydrated cabbage equals 16 pounds fresh uncleaned cabbage.

1 pound dehydrated cabbage equals 8½ pounds cooked cabbage (drained free of surplus water).

No. 295 BOILED CABBAGE

FIRST . . .

1. Soak cabbage 10 to 20 minutes in cool water.
2. Slowly bring it to a boil; this will take approximately 40 minutes. Add salt and simmer for an additional 10 to 15 minutes.

THEN . . . ½ hour before serving:

3. Drain, leaving about half of the liquid on the cabbage.
4. Fry diced bacon until it is lightly brown.
5. Add bacon, bacon grease, and pepper to cabbage and serve.

NOTE: 1. *For a different flavor, the bacon may be diced and boiled in the water later used with the cabbage.*

2. *Avoid overcooking cabbage. It will discolor, lose moisture and develop a poor flavor.*

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated cabbage	3½ lbs.	—
Cold water	—	4 gals.
Salt	4½ oz.	9 Tbsp.
Bacon, diced	3 lbs.	2 qts.
Pepper	½ oz.	2 Tbsp.

3. A small pinch of sugar improves the cabbage flavor. Use only 2 Tbsp. for 100 portions.

VARIATIONS

Sweet-Sour Cabbage . . . Cook as boiled cabbage. After draining add 1 cup of vinegar and ½ cup of sugar.

No. 296 CORNED BEEF AND CABBAGE

FIRST . . .

1. Handle the cabbage as directed in recipe for Boiled Cabbage.

THEN . . .

2. Break up corned beef and add to the boiling cabbage.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated cabbage	3½ lbs.	—
Cold water	—	4 gals.
Canned corned beef	36 lbs.	6 six-lb. cans

No. 297 COLE SLAW

FIRST . . .

1. Pour cold water over the cabbage and allow it to soak for 3½ to 4 hours.

NOTE: ***Avoid overheating. For best results, place soaking cabbage in a refrigerator; long soaking at high temperatures may ruin the cabbage flavor.***

2. Soak onions in water 20 minutes.

THEN . . .

3. Pour the vinegar over the reconstituted onions, salt and pepper, and let it stand until the cabbage is ready.
4. Drain all surplus water from cabbage, then combine with the onion-vinegar mixture.
5. Serve cold.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated cabbage	2½ lbs.	—
Cold water	—	3 gals.
Vinegar	—	2½ qts.
Dehydrated onions	10 oz.	—
Water	—	2 qts.
Salt	7½ oz.	15 Tbsp.
Pepper	½ oz.	2 Tbsp.

NOTE: ***Do not allow to soak overnight. Poor flavor and texture will result.***

Dehydrated Carrots

General Instructions

1. Dehydrated carrots are packed in two forms: julienne shreds or diced. They are readily reconstituted and cooked. When cooking, care should be taken to avoid using surplus water because the juice of carrots contains valuable vitamins and minerals which may otherwise be thrown out with the surplus water. Carrots are usually served buttered or creamed, although they are very tasty when used as ingredients of stews, soups, and braised meats. When served with roasts or with braised meats, carrots should be reconstituted in a normal manner before they are added to the meat.

2. Approximate equivalents:

1 pound dehydrated carrots equals 12½ pounds fresh unpeeled carrots.

1 pound dehydrated carrots equals 6 pounds drained cooked carrots.

1 pound dehydrated carrots equals 7½ pounds canned carrots with juice.

No. 298 BUTTERED CARROTS

FIRST . . .

1. Soak carrots in cool water for 45 minutes.
2. Slowly bring to a boil. This requires 45 min.
3. Simmer for 10 minutes more or until tender.

THEN . . . 15 minutes before serving:

4. Remove from the stove; add the sugar, butter, salt, and pepper, and mix thoroughly.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated carrots, diced	4 lbs.	—
Cool water	—	8 gals.
Sugar	2 oz.	4 Tbsp.
Butter	1 lb.	1 pt.
Salt	3 oz.	6 Tbsp.
Pepper	¼ oz.	1 Tbsp.

Dehydrated Onions

General Instructions

1. During reconstitution much of the onion flavor is absorbed by the water. If surplus water exists after the reconstitution process is complete it should be used with the onions. Otherwise, the discard of surplus water will result in the loss of most of the onion flavor.

2. Onions are used for the purpose of flavoring other foods. Meat dishes, potatoes, stews, soups, and many other vegetables are immeasurably improved through their use. In soups and stews, dehydrated onions will be reconstituted during the normal cooking process even when added in dry form. In dishes of low water content, such as roasts, gravies, eggs, potatoes, etc., the use of dehydrated onions without preliminary reconstitution will result in the complete failure of the finished product.

3. Approximate equivalents:

   1 pound dehydrated onions equals 12½ pounds unpeeled fresh onions.

   1 pound dehydrated onions equals 6½ to 7 pounds reconstituted (cooked) onions.

No. 299 SMOTHERED ONIONS (for Steak, Liver and Other Meats)

PORTION: 1½ oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated onions	2 lbs.	—
Water	—	7 qts.
Lard or substitute	1 lb.	1 pt.
Salt	1½ oz.	3 Tbsp.

FIRST . . .

1. Stir onions into cool water and allow to soak for 20 minutes.
2. Bring to a boil and allow to simmer (not boil vigorously) for 15 to 25 minutes, or until tender. The onions should be very tender at this stage.

THEN . . . ½ hour before serving:

3. Heat the lard to frying temperature.
4. Add the reconstituted onions (with surplus water) and allow to stew until slightly brown and very tender.
5. Add salt and serve as a dressing for smothered meats.

No. 300 ONION SOUP

YIELD: 5 gals.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated onions	1 lb. 2 oz.	—
Water	—	1 gal.
Lard or substitute	2 lbs.	1 qt.
Flour, sifted	2 lbs.	2 qts.
Bouillon cubes	—	70 cubes
Water, hot	—	5 gals.
Salt	3 oz.	6 Tbsp.

FIRST . . .

1. Soak dehydrated onions in water for approximately 20 minutes.
2. Bring them to a boil and simmer for 15 minutes or more.

THEN . . . 1½ hours before serving:

3. Melt the lard in a deep frying pan and add the simmered onions (with surplus water). Allow to fry until they begin to brown.
4. Add the flour to the fried onions and stir until the flour is distributed.
5. Dissolve bouillon cubes in hot water.
6. Add some of the stock to thin out the onion-flour paste; then combine with the remainder of the stock.
7. Add salt and simmer for 1 hour before serving.

Dehydrated White Potatoes

General Instructions

1. The potato is one of our most popular foods. The proper reconstitution and preparation of this vegetable in its dehydrated form therefore, is of particular importance. The cook should strive for the production of a final product which has the tender texture of a normally cooked fresh potato.

NOTE: ***Do not stint either time or water when reconstituting the potato.***

2. The cubed and julienne potatoes are an ideal size for hashed brown potatoes, Lyonnaise style, corned beef hash, stews, soups, and salad. They are not recommended for French fried potatoes. Dehydrated products are not adaptable to this form of cooking, and French fried potatoes should be prepared from fresh potatoes only.

3. The precooked, shredded potato is suited to the preparation of mashed potatoes, potato soups, and potato cakes. The julienne and cubed styles may also be used for the preparation of these dishes.

4. Approximate equivalents:

1 pound dehydrated potatoes equals 6 pounds raw unpeeled potatoes.

1 pound dehydrated potatoes equals 4½ pounds peeled potatoes.

1 pound dehydrated potatoes (julienne style) equals 3 pounds 10 ounces reconstituted (cooked) potatoes.

1 pound dehydrated potatoes (precooked shreds) equals 6 pounds finished mashed potatoes.

No. 301 HASHED BROWNED OR FRIED POTATOES

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potatoes	7 lbs.	——
Water	——	4½ gals.
Salt	4 oz.	½ cup
Lard	2 lbs.	1 qt.

FIRST . . .

1. Soak dehydrated potatoes in cool water for 20 to 40 minutes.
2. Bring to a boil. This will require about 45 minutes.
3. Add salt. Simmer for 10 more minutes, for a total cooking time of approximately 55 minutes.
4. Drain off water and cool.

THEN . . . 1 hour before serving:

5. Place 2 pounds of lard in frying pan and heat to frying temperature.
6. Add potatoes and mix lightly with fat.
7. Turn the potatoes after those on the bottom have been frying for about 10 to 15 minutes and are browned.
8. Continue frying about 20 minutes more, occasionally turning potatoes.

NOTE: ***Be sure to drain potatoes well. Soggy potatoes will not brown nicely.***

No. 302 POTATOES AU GRATIN

FIRST . . .

1. Soak the potatoes in water for 20 to 40 minutes.
2. Bring to a boil and cook until tender. This requires about 1 hour.
3. Drain well.

THEN . . . 1½ hours before serving:

4. Reconstitute milk using cold potato water.
5. Place the cooked and drained potatoes in a deep baking pan.
6. Add milk, salt, and pepper. Stir well.
7. Slice cheese into thin slices. Scatter the slices over the potatoes.
8. Sprinkle bread crumbs over the cheese. Dot with pieces of butter.
9. Bake in moderate oven (350° F.) until a rich brown crust has formed. This should require 30 minutes.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potatoes	7½ lbs.	—
Water, cool	—	4¾ gals.
Dehydrated whole milk	1 lb.	—
Water (potato)	—	3 qts.
or		
Milk, evaporated	—	4 14½ oz. cans (2 qts.)
Water (potato)	—	2 qts.
Salt	6 oz.	¾ cup
Pepper	¼ oz.	1 Tbsp.
Cheese, sliced	2 lbs.	1¼ qts., broken, cubed, or sliced
Dry bread crumbs	½ lb.	½ qt.
Butter	1 lb.	1 pt.

No. 303 POTATO SALAD

FIRST . . .

1. Soak potatoes 20 to 40 minutes in cool water, then heat to the boiling point.
2. Slowly cook until the potatoes are very tender. This should take 30 minutes.
3. Drain off all surplus water and cool.

THEN . . . ½ hour before serving:

4. Reconstitute onions and drain well.
5. Add onions to the potatoes. Pour on vinegar, salt and pepper. Stir until mixed.

NOTE: *If mayonnaise is available, leave out vinegar. Add 1 quart of mayonnaise to the recipe.*

6. If fresh eggs are available, add 20 sliced, hard-boiled eggs. Cold scrambled dehydrated eggs may be added instead.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potatoes julienne style	5 lbs.	—
Water (for potatoes)	—	15 qts.
Dehydrated onions	8 oz.	—
Water (for onions)	—	1¾ qts.
Vinegar	—	¾ qts.
Salt	3 oz.	6 Tbsp.
Pepper	½ oz.	2 Tbsp.

Dehydrated Mashed Potatoes

General Instructions

The ever-popular mashed potato may be prepared from either well-cooked julienne (cubed) or from dehydrated shreds. Since the shredded dehydrated potato has been cooked before drying, it may be reconstituted simply by direct mixing with the proper quantity of boiling water. After reconstitution, the addition of hot milk and butter results in an excellent mashed potato. For quickness and simplicity, the dehydrated potato shred offers advantages not obtainable in other forms of potatoes.

No. 304 MASHED POTATOES (Prepared from Pre-cooked, Shredded Potatoes)

FIRST . . .

1. Have water boiling vigorously.
2. Measure accurately and pour over the shredded potatoes. Let stand in covered container on back of stove for 15 minutes or over a low flame for 10 minutes.

THEN . . . ½ hour before serving:

3. Add salt and stir vigorously for 15 or 20 minutes in order to work out lumps.
4. After working smooth, add hot reconstituted milk and melted butter.
5. Whip until fluffy.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potato shreds, pre-cooked	4½ lbs.	—
Salt	3 oz.	6 Tbsp.
Milk, evaporated	3 lbs.	3 14½ oz. cans or 1½ qts.
Water	—	1½ qts.
or		
Dehydrated whole milk	12 oz.	—
Water	—	2½ qts.
Butter, melted	1 lb.	1 pt.

No. 305 MASHED POTATOES (Prepared from Julienne or Cubed Potatoes)

FIRST . . .

1. Soak julienne style potatoes for 40 minutes, cubed style for 20 minutes.
2. Bring to a boil and cook until very tender.
3. Drain off and save surplus water. (This should give 25 pounds of potato pieces and approximately 1½ gallons of surplus potato water.)

THEN . . . ½ hour before serving:

4. Mash the drained potato pieces until as smooth as possible. All lumps cannot be removed.
5. Reconstitute milk with cool potato water and bring to a boil. Add salt and butter.
6. Slowly stir the hot milk mixture into the mashed potatoes.
7. Beat well and serve at once.

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potatoes	7 lbs.	—
Water	—	4¼ gals.
Evaporated milk	1½ lbs.	1½ 14½-oz. cans (¾ qt.)
Water (potato)	—	¾ qt.
or		
Dehydrated whole milk	5 oz.	—
Water (potato)	—	1½ qts.
Salt	4 oz.	½ cup
Butter	1 lb.	1 pt.

No. 306 CREAM OF POTATO SOUP

FIRST . . .

1. Put water, salt, pepper, dehydrated onions, and shredded potatoes in a kettle and bring to a boil.

THEN . . . 1 hour before serving:

2. Let simmer for about 30 minutes.
3. Add evaporated or reconstituted milk and butter and let simmer for 20 minutes more. Serve while still hot.

NOTE: *If soup is not the main dish of the meal, prepare only one-half of the recipe.*

YIELD: 8 gals.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Water	—	3¼ gals.
Salt	4 oz.	½ cup
Pepper	¼ oz.	1 Tbsp.
Dehydrated onions	4 oz.	—
Dehydrated potatoes, pre-cooked shreds	4 lbs.	—
Evaporated milk	—	10 14½-oz. cans (4½ qts.)
or		
Dehydrated whole milk	2½ lbs.	—
Water	—	3 qts.
Butter	2 lbs.	1 qt.

Dehydrated Sweet Potatoes

General Instructions

1. Sweet potatoes are adapted to many forms of cooking. They may be prepared plain with butter, candied, fried, served as a side dish with meats and fowl, or used as a pie. When cooking sweet potatoes, one important watchword should be: AVOID DRYNESS. It is essential that sweet potatoes be reconstituted to maximum moisture content if tasty, moist, finished products are to be obtained.

2. Approximate equivalents:

   1 pound dehydrated sweet potatoes equals 3⅓ pounds fresh unpeeled sweet potatoes.

   1 pound dehydrated sweet potatoes equals 2 pounds 12 ounces to 3 pounds drained reconstituted sweet potatoes.

No. 307 BUTTERED SWEET POTATOES (Baked)

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated sweet potatoes	7½ lbs.	—
Water, cool	—	3¾ qts.
Salt	1 oz.	2 Tbsp.
Butter	2 lbs.	1 qt.

FIRST . . .

1. Soak potato slices for 20 to 40 minutes, then slowly bring to a boil.
2. Simmer 35 to 45 minutes.

NOTE: ***It is important that the potatoes be tender and moist at this stage. Be sure to cook sufficiently.***

THEN . . . ½ hour before serving:

3. Drain off the surplus water (there should be only a small quantity), add salt and butter, and mash by stirring vigorously.
4. Place in large baking pan, add the surplus water which was previously drained off and stir thoroughly.
5. Bake for 20 minutes in a moderate oven.

No. 308 CANDIED OR GLAZED SWEET POTATOES

PORTION: 4 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated sweet potatoes	7½ lbs.	—
Cool water	—	3¾ qts.
Granulated sugar	5 lbs.	2½ qts.
Butter	1 lb.	1 pt.

FIRST . . .

1. Soak potatoes in cool water for 20 to 40 minutes and then boil for 30 to 45 minutes.

NOTE: ***Be sure to cook until tender.***

2. Drain off surplus water (do not throw away), being careful to leave slices whole.

THEN . . . 45 minutes before serving:

3. Make a syrup by adding sugar to the surplus water and boiling for 5 minutes.
4. Place the sweet potato slices in a baking pan. Pour the syrup over the sweet potatoes and dot with butter.
5. Bake for 30 minutes in a moderate oven.

Dehydrated Corned Beef Hash

General Instructions

Corned beef hash may be served with either poached or scrambled eggs, if desired. When cooked so that it is crusty and brown it is a very popular dish.

Since there is usually a sufficient quantity of salt in the corned beef itself, salt has been purposely omitted from the following recipe.

No. 309 CORNED BEEF HASH

FIRST . . .

1. Soak the potatoes for 20 to 40 minutes and then bring to a boil.
2. Cook until tender. This should require about 45 minutes.
3. Drain off the surplus water but *do not discard it.*
4. Soak onions for 15 to 20 minutes and bring to a boil.
5. Drain immediately. Do not discard *the surplus onion water.*

THEN . . . 1 hour and 15 minutes before serving:

6. Fry the drained, reconstituted onions in the lard until they begin to color.
7. Break up the corned beef and mix with the potatoes.
8. Add the fried onions and then follow with all of the surplus onion water and enough of the potato water to moisten the hash (most of it will be needed).
9. Place hash in deep baking pan. Bake in hot oven 45 minutes or until crust is brown.

PORTION: 8 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated potatoes	6 lbs.	——
Cool water (for potatoes)	——	15½ qts.
Dehydrated onions	8 oz.	——
Cool water (for onions)	——	1¾ qts.
Lard	1 lb.	1 pt.
Corned beef	18 lbs.	3 6-lb. cans
Pepper	¾ oz.	3 Tbsp.

Bacon and Eggs (oven method)

General Instructions

This method of preparing eggs may also be used for preparing sausage and eggs, ham scraps and eggs, etc. While dehydrated whole eggs vary in density to some extent, the fact that they are packed in 3-pound cans should aid in measuring the proper amount.

No. 310 BACON AND EGGS (Oven Method)

FIRST . . .

1. Stir the eggs with one-third of the reconstituted milk.

NOTE: ***Do not use all the milk at once, since this may cause lumping. Vigorous stirring is needed.***

2. After the mixture is smooth, add salt, pepper and the remaining reconstituted milk.

NOTE: ***Always use cold water or milk when reconstituting eggs. After eggs have been reconstituted, do not allow the mixture to stand in a warm galley because spoiling will result in a few hours.***

THEN . . . 45 minutes before serving:

3. Fry the cubed bacon in a deep baking pan until it is crisp and brown.
4. Pour the eggs over the fried bacon and fat and then place the entire mixture in the bake oven. The oven temperature should be moderate (275° to 325° F.).

NOTE: ***Certain ovens which have too much bottom heat may necessitate the use of double pans.***

5. After the eggs have been in the oven for about 10 minutes, or when they have begun to set, stir them with a wooden paddle. Pull all coagulated egg toward the center of the pan, then put the pan back in the oven.
6. Stir again every 5 minutes until the eggs are properly coagulated. Remove them from the oven while they are still slightly soft, since they will continue to coagulate for a few minutes after removal from the oven. Forty-five minutes cooking time is necessary.
7. Serve the finished scrambled eggs and bacon quickly. They maintain their best texture for perhaps 20 to 30 minutes.

NOTE: ***Do not warm them over as this will make the eggs tough and rubbery.***

PORTION: 5 oz.		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Bacon (sliced and coarsely chopped)	6 lbs.	3 qts. (cubed or diced)
Dehydrated whole eggs	5 lbs., 12 oz.	——
Water	——	7 qts.
Evaporated milk	6 lbs., 2 oz.	7 12½-oz. cans or 3 qts.
or		
Dehydrated whole milk	1 lb., 12 oz.	——
Water	——	9 qts.
Salt	2½ oz.	5 Tbsp.
Pepper	½ oz.	2 Tbsp.

No. 311 APPLE SAUCE

FIRST . . .

1. Place dehydrated apples and water in kettle, bring to a boil, and let simmer for about 20 minutes.

THEN . . . 15 minutes before serving:

2. Add sugar and let simmer for 10 minutes more.

NOTE: *Spices may be added if desired.*

SERVINGS: 100		
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated apple nuggets	3½ lbs.	—
Water	—	12½ qts.
Sugar	2½ lbs.	1¼ qts.
Cinnamon or Nutmeg	½ oz.	2 Tbsp.
	½ oz.	2 Tbsp.

No. 312 CRANBERRY SAUCE

(Prepared from dehydrated sliced cranberries)

FIRST . . .

1. Add water to dehydrated cranberries and bring to a boil while stirring.
2. Simmer about 6 minutes, or until tender.

THEN . . . 15 minutes before serving:

3. Add sugar and boil 8 minutes, stirring gently.
4. Serve cold.

PORTION: ¼ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated sliced cranberries	1 lb.	—
Water	—	6 qts.
Sugar	7 lbs.	3½ qts.

No. 313 CRANBERRY SAUCE

(Prepared from dehydrated cranberry powder)

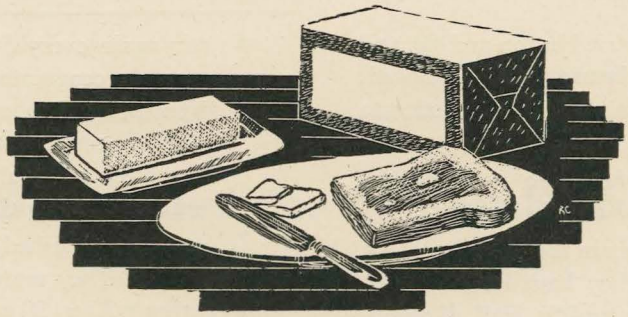
FIRST . . .

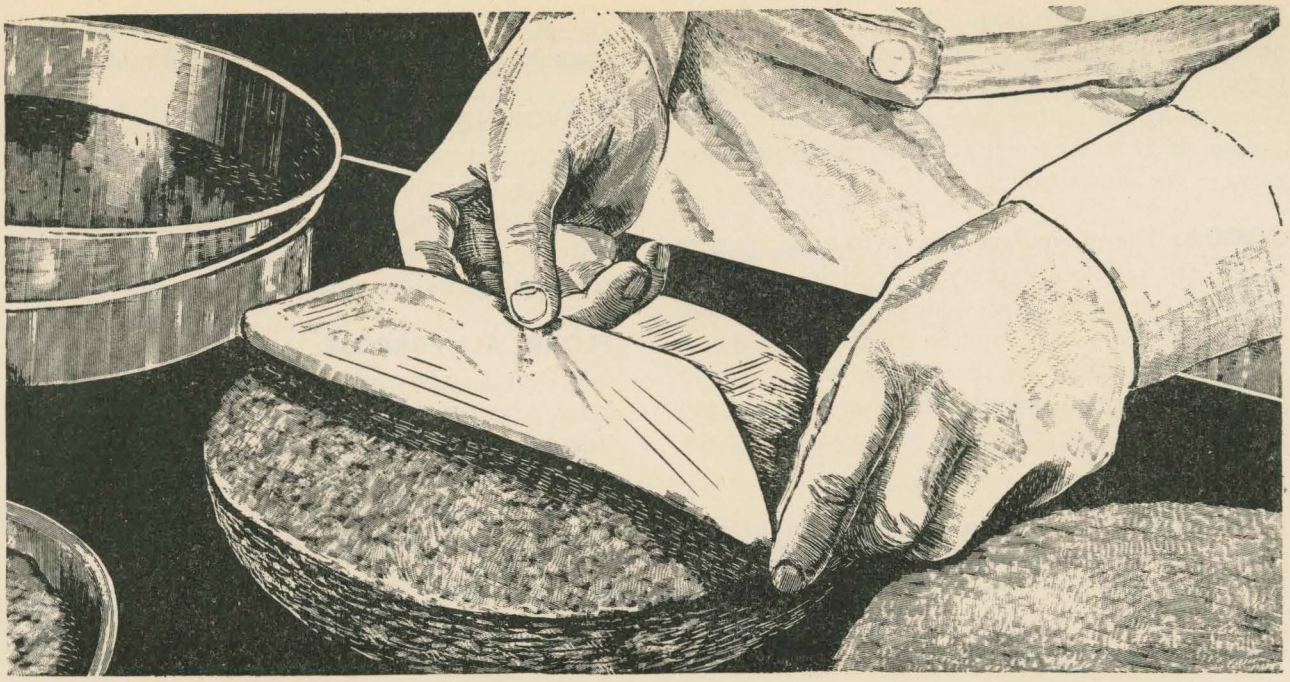
1. Mix powdered cranberries with sugar; stir until thoroughly combined.

THEN . . . ½ hour before serving:

2. Add water and bring to a boil, stirring gently. Boil 1 to 2 minutes.
3. Pour into pans to cool.

PORTION: ¼ cup		SERVINGS: 100
INGREDIENTS	WEIGHTS	AMOUNTS
Dehydrated cranberry powder	1 lb.	—
Sugar	8½ lbs.	4¼ qts.
Water	—	7 qts.





Baking on Shipboard

This text covers with detailed explanations and illustrations all the basic information required by the ship's Baker for the efficient operation of his department.

The formulas are specifically designed so you can prepare nourishing and palatable dishes with the ingredients available aboard ships. For this reason, they do not necessarily conform to standard recipes used in the baking industry.

Materials and circumstances are subject to changes which may result in defects in the finished product. These defects are explained throughout the text so that intelligent adjustments can be made.

Here are brief descriptions of the ingredients, equipment and processes that every Baker must know. These are of special value for the man whose work is done on board ship. Be sure you understand the following terms before you go on to the formulas and specific recipes.

BAKING POWDER: A chemical leavening agent capable of producing a gas when subjected to heat and moisture. Sometimes referred to as an "Aerating Agent." Used in cakes and doughs for its leavening ability—that is, its ability to create a gas in the mix which in turn causes the product to become light and porous. The more baking powder added to a mix, the more porous it becomes. Decreasing the amount makes the product heavier, less porous.

If baking powder is not available it can be made by blending the following:

Cream of Tartar	8 oz.
Baking Soda	4 oz.
Cornstarch	2 oz.

When possible, use a double-acting baking powder. This type of leavening releases a limited amount of gas when subjected to moisture, and releases the remainder of the gas when placed in the oven. Do not use hot water or hot milk in a mix calling for baking powder.

BAKING SODA: An alkaline substance capable of releasing carbon-dioxide gas. Used in mixes having acid ingredients. Also used in chocolate cake to give the cake a darker color and to neutralize the natural acidity of the cocoa. DO NOT USE BAKING SODA AS A SUBSTITUTE FOR BAKING POWDER.

BUTTER: A fat made from milk fats—with or without salt. The salt can be removed by working the butter in the hands under cool running tap water. When using salt butter make allowance for it when scaling off. If butter is not available, substitute shortening in the same amount.

COCOA: The ground cocoa bean from which part of the fat has been extracted. Used in cakes for its flavor and color. When adding cocoa to an icing or mix take into consideration its ability to absorb liquid. Some cocoas are darker than others due to the degree of roasting in the manufacturing process. Use less of the darker cocoa to avoid having the cake bitter and dark.

CORNMEAL: A product made from corn, of fine, medium and coarse granulation. Is highly absorbent and mixes made with cornmeal should be on the soft side. If cornmeal is too gritty, allow it to soak in warm water or milk before using.

CORNSTARCH: A product used to thicken pie fillings. Also used to improve the baking quality of a hard flour in making cake, pie crust and cookies. For this purpose a mixture of 14 ounces of flour and 2 ounces of cornstarch is satisfactory. This can be increased slightly if desired. A week's supply should be made and placed in a separate bin.

CRUSTING: Formation of hard surface on uncovered dough due to evaporation of water.

CUT IN SHORTENING: To combine firm shortening and flour with a cutting motion of pastry blender or knife, without completing mixing.

DEVELOP DOUGH: To mix dough with hands (kneading).

EGGS: Act as a leavener in cake and cookie mixes and give volume in doughs. *Frozen* eggs are shell eggs which have been shelled and frozen. In defrosting eggs or preparing them for use, hold them at room temperature until defrosted. *Stir* well and use at *room temperature*. Take out only the amount needed, as eggs will spoil if kept in a warm place. Do not defrost by heating. *Egg powder* or dry eggs are made by removing moisture from the shell egg, leaving the egg solids. To bring the egg back to its natural state the water is replaced.

FERMENTATION: The chemical reaction of ingredients (especially yeast) in dough causing carbon-dioxide gas to form and expand the dough.

FLAKY PIE CRUST: An effect resulting from leaving lumps of shortening in the dough. As the dough is rolled out, the lumps become layers which bake as "flakes." As this type of pie crust does not easily crumble, it is best for 2-crust pies and cobblers.

FLAVORINGS: Used to impart a definite taste or flavor to a product. The amount used is dependent upon the strength or concentration of the flavor and on the taste of the individual. Usually added together with the liquid used. Flavors should be kept covered at all times.

FLOUR, ALL-PURPOSE: A mixture of bread and cake flour. Can be used for both bread and cake products. When using an all-purpose flour remember it hasn't as much protein as bread flour, therefore, is not as strong. Also, it does not have as much carbohydrate as cake flour. Can be classified as an in-between type of flour.

FLOUR, BRAN: The branny part of the wheat kernel. Used in making of bran muffins. Keep the bran covered and in a clean container. Do not store for a long period as it may become infested with weevils.

FLOUR, BREAD: Has a creamy yellow appearance and feels dry to the touch. When squeezed the flour tends to fall apart. Has a high percentage of protein, making it ideal for bread and rolls which depend a great deal upon the gluten content of a dough for their volume. Though suited for bread and rolls, it is considered too hard or glutinous for cake.

FLOUR, CAKE: Is white in appearance and when squeezed in the hand tends to cake or remain in a lump. Cake flour has a lower protein content and is used in making cakes, pie crust, cookies. In some instances where the bread flour is too strong a percentage of cake flour is substituted.

FLOUR, GRAHAM: A course whole wheat flour which can be used instead of whole wheat.

FLOUR, RYE: A dark gray flour which forms no gluten but is dependent upon being combined with bread flour for gluten development.

FLOUR, WHOLE WHEAT: Made from the entire wheat kernel with the exclusion of the germ. Used in the making of whole wheat bread and muffins. Doughs and mixes made with whole wheat flour should be on the soft side.

GLUTEN: The essential constituent of flour, primarily responsible for producing the elasticity that enables dough to retain fermentation gases.

KNEADING: To work and press dough by folding and stretching with the hands.

LARD: Can be substituted for shortening in the making of doughs (biscuit and pie crust) ; also in cakes. For every pound of shortening substitute 14 ounces of lard. Half butter and half lard is also a satisfactory combination in place of shortening. It is not recommended for frying because of its low smoke point and tendency to leave a slight flavor.

LEAVENING: The "raising" of a batter by using baking powder (or chemical equivalent) or yeast.

MALT: A sugar syrup made from sprouted barley. Is used in doughs and helps keep baked products fresh. Do not use more than an ounce of malt to every quart of water.

MEALY PIE CRUST: An effect resulting from thoroughly blending flour and shortening. A "short" crust. This type of crust is best for pie-shells that are baked in advance of fillings.

MILK, EVAPORATED: When substituting for milk in cakes, use one quart of evaporated milk to one quart of water. In making bread use 25% evaporated milk to 75% water.

MILK POWDER, SKIM: Can be dissolved in water and creamed in cake mixes, cookies, and sweet yeast doughs. Proportion used is 2 ounces for every quart of water when making milk to be used in doughs, and 4 ounces to every quart of water for milk being used in the making of cakes. It is advisable to make a day's supply at one time rather than for each mix. When lumpy, run the milk powder through a sieve.

MOLASSES: A brown syrup made from sugar. Used in making whole wheat bread, molasses cookies and gingerbread.

MOLDING: Shaping bread or sweet yeast dough into loaves or units.

OLD DOUGH: Yeast dough that has become overfermented because too long a time elapsed before baking. This produces dark, sour, small, coarse-textured baked goods. Old doughs can, however, be used in combination with fresh dough.

PUNCHING (OR FOLDING): The process of forcing the gas out of the dough by folding one part over the other.

QUICK BREADS: Products in which baking powder is used for leavening. (Example: biscuits, muffins.)

ROUNDING UP: Forming bread or sweet yeast doughs into round balls of the desired size for molding later into finished units.

SALT: Used in doughs to impart flavor, strengthen the gluten and control the rate of fermentation. The more salt used, the slower the fermentation process. In cakes it is used to enhance the natural flavor of the cake ingredients. When coming in direct contact with yeast it destroys its activity.

SHORTENING: A bland and colorless vegetable fat made from vegetable oil. Can be substituted for butter. It imparts shortness and tenderness to baked products.

SPICES: Added for flavor. Nutmeg can be substituted for mace. Mace is stronger and when substituting it for nutmeg, decrease the amount used.

SUGAR, BROWN: Can be used in doughs in place of granulated sugar. Also can be used for making streusel topping.

SUGAR, 4X OR CONFECTIONER'S: A very finely pulverized sugar, resembling cornstarch in appearance. Can be used in doughs to replace brown or granulated sugar. Is used mainly in the making of icings, butter creams and in dusting baked products.

SUGAR, GRANULATED: Used in doughs and cakes. If hard and lumpy, place on the bench and break and roll out sugar lumps with a rolling pin.

TEMPERING: Regulating the water temperature to meet the dough requirements.

TROUGH: A pan or container for dough.

VEGETABLE OIL: An oil that can be substituted for shortening when making bread dough. Used in place of melted shortening. Also in greasing or oiling bread pans and frying doughnuts.

WATER: When using ordinary drinking water add one ounce of salt to every quart. Sea water can be used to advantage in making bread doughs if the other water is not available. Allow for about a half hour longer fermentation period.

WATER ABSORPTION: Water required to produce a bread dough of desired consistency. Flours vary in ability to absorb water. This depends on the age of flour, moisture, contents, type of wheat, storage conditions and milling processes.

YEAST: Used in bakery products to condition the dough and make it light and porous.

YOUNG DOUGHS: Yeast doughs which are underfermented. This produces yeast goods which are heavy, red-colored, tight-textured.

What You Should Know About Yeast

A thorough understanding of the types of yeast—how to conserve them . . . how to use substitutes . . . how to make yeast from materials at hand—is essential in the preparation of delicious baked goods. The following types of yeast may be used for baking: compressed yeast, granular dehydrated yeast, dry yeast in cake form.

Compressed Yeast: Supplied in one-pound units approximately the size of one-pound prints of butter, and in ½-ounce cakes. It is stowed frozen at 20° F. or lower, and should be thawed at about 40° F. before using.

The amount used in yeast-raised goods varies from about 1% (1 pound of yeast per 100 pounds of flour) in lean bread doughs to as much as 6% (6 pounds per 100 pounds of flour) in rich coffee cake and Danish pastry doughs. Richer doughs require more yeast to properly leaven or raise the dough. Normally, bread requires about 2% (2 pounds per 100 pounds of flour).

Dehydrated Yeast: This is yeast with only about 8% of its original moisture remaining. It has twice the amount of live (but inactive) yeast cells as are present in compressed yeast. Only half as much dehydrated yeast is used in formulas as compressed yeast.

Dehydrated yeast must be "reactivated" before being added to dough mix. To do this:

1. Dissolve required quantity of yeast in lukewarm water (70° F. to 80° F.).
2. Add small amount of sugar to furnish food for yeast cells.
3. Allow mixture to stand at temperature of 70° F. to 75° F. for 45 to 60 minutes. This step is usually termed "pre-treatment" of yeast.

Quantities of sugar and water used in pre-treatment are subtracted from the dough formula. Usually, quantities are as follows:

Yeast—5 parts, by weight
Sugar—1 part, by weight
Water—35 parts, by weight

Dehydrated yeast is winning widespread acceptance for use on vessels since it does not require refrigeration and can be stored over extended periods without harmful effects. However, being a dry yeast, it does not dissolve as quickly as compressed yeast. For best results, *it is important* that you soak dehydrated yeast in lukewarm water for about 15-20 minutes before using.

EMERGENCY METHODS OF MAINTAINING YEAST SUPPLY

Baker should watch the consumption of his compressed and dehydrated yeast supply carefully, rationing it if necessary. If his supply is low, he can conserve yeast by:

1. Decreasing amount of yeast and allowing dough to ferment longer; 2. Making a "sponge dough" with old dough as a leavening agent; 3. Making a stock yeast; 4. Making virgin yeast; 5. Baking muffins and biscuits instead of bread.

Decreasing the Amount of Yeast

Lengthen the period of time in which the yeast-water mixture stands at warm temperatures. This permits new yeast cells to grow, increasing the fermenting power of the yeast.

Making Sponge Dough

About 60% of the total dough batch consists of a "sponge"—dough that has fermented from 12 to 24 hours (old dough). The remaining 40% of the dough batch consists of salt, sugar, evaporated milk, flour and shortening. When the sponge and fresh dough are mixed, the sponge acts as a leavening agent for entire batch. By always saving a certain amount of dough from one baking period to another, the sponge method can be used to replace yeast on a continual production basis.

See formula for Sponge Method, page 211.

STOCK YEAST

To Make 48 Pounds of Bread			
INGREDIENTS	WEIGHTS	AMOUNT	METHOD
Potatoes	1 lb.	1 qt.	Wash potatoes. Cut up in 1-inch cubes leaving the skin on.
Water	1 lb.		Place water and potatoes in a pot and bring to a boil.
Salt	¼ oz.	¾ Tbsp.	When well done mash and strain into a clean wooden or porcelain pot. Mix in salt, sugar and flour. Add boiling water and stir well.
Sugar or malt	1 oz.	2 Tbsp.	
Flour	4 oz.	1 cup	
Water, boiling	7 lbs.	3½ qts.	
Compressed yeast	½ oz.		Allow to cool to 80° F. Dissolve the yeast in a small amount of water and add. The solution must be at 80° F. when adding the yeast. Allow to ripen at 80° F. Yeast will be ready for use in 12-24 hrs.
or Dehydrated yeast	¼ oz.		
or Dried yeast	1½ oz.		
or Stock liquid yeast	1 lb.	1 pt.	

Stock Yeast

For a straight dough having a fermentation period of about three hours, use one part of the stock yeast to two parts of water.

Example:

A dough recipe calls for 9 quarts of water. Use 3 quarts of stock yeast mixture and 6 quarts of water. The rest of the formula remains the same.

Save a pint of this stock yeast mixture to use in making the next batch.

Making Virgin Yeast

Only when all other means are exhausted should the following preparation be made, as its results are unreliable:

Formula: Flour, 3 lbs.; Water, 4 qts.; Sugar, 1 oz.; Salt, ¼ oz.

Dissolve sugar and salt in water and bring to a boil. Place flour in earthenware or wooden receptacle. Pour one quart of the boiling water on flour. Stir well and break up lumps. When remaining water has cooled to about 160° F. add to flour paste. Allow the mixture to cool at 80° F. and keep at this temperature for from 48 to 60 hours or until all hissing has stopped. The yeast is then ready for use.

Virgin Potato Yeast: Use the same ingredients and procedure as in above, substituting 4 pounds of boiled potatoes for 3 pounds of flour in the formula.

Young Doughs: Yeast doughs which are under-fermented. They produce yeast goods which have a tendency to be heavy, dark-colored and tight-textured.

How to Use the Range

The quality of any baked product depends on accurate application of heat to the finished dough. This means intelligent handling of the range. Follow this procedure:

1. Light the range well before starting production, so baking can begin immediately.
2. In firing range, have it set at a higher temperature than required and then make necessary adjustments fifteen or twenty minutes before baking. This guarantees even heat.
3. Bake large units at a lower temperature than smaller ones. Approximate baking temperatures are as follows:

Bread	425° F.–450° F.
Rolls	425° F.–450° F.
Buns	400° F.–425° F.
Biscuits	425° F.–450° F.
Corn Muffins	400° F.–425° F.
Pies	450° F.–460° F.
Cakes	380° F.–390° F.
Cookies	400° F.
Pound Cake	350° F.

Helpful Hints

Watch out for "hot spots" in the range. Turn cakes or bread around when necessary to avoid burning in places. Do this gently as the products are apt to fall if jarred.

If range has a sharp top heat:

Place a sheet pan on the shelf above the product being baked.

Grease a sheet of heavy paper and place directly over the product.

Leave range door open.

If range has a sharp heat near bottom:

Place a pan between hearth and product being baked.

Bake products on a double pan.

"Rich" products (those containing increased amounts of sugar and shortening) are baked at a lower temperature than "lean" products.

Utilize all range space if possible. Orderly arrangements permit greater use of space.

Do not jar range as this will affect products that are baking.

Always wear gloves or have cloths at hand to remove hot pans. If fingers are burned, apply first-aid immediately. When removing and placing hot utensils in the galley call the attention of your co-workers to the pans to prevent accidents.

How to Tell When Products Are Done

Bread is baked if the color is an even golden-brown and the crust cracks when rapped sharply—even at the sides.

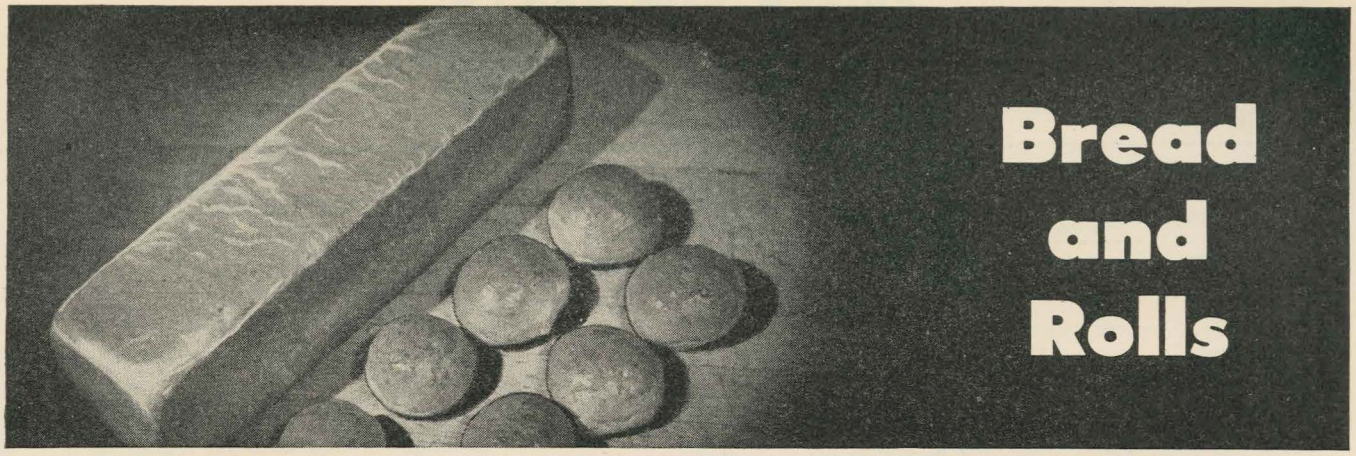
Cake is baked when it springs back when fingers are pressed lightly in cake's center. If it does *not,* cake is soft inside and still unbaked.

Pie is baked when the pie skids or moves when pie pan is spun around slightly. This test shows the bottom is baked—the last part to bake thoroughly.

Buns or Biscuits are baked when they have golden-brown color on the bottom as well as the top. Check sugar and coffee buns as they tend to bake out longer than other types.

Cookies are baked when the bottoms are light brown and when a thin brown edge appears. Cookies continue baking after their removal from the range because the pans retain the heat. Do not over-bake.

Satisfactory baking results can be obtained only if the product is baked at the specific temperature called for in the recipe. For best results, and to insure that you are baking at the correct temperature, use a baking thermometer regularly.



Bread and Rolls

Basic Steps in the Preparation of Yeast Bread and Roll Doughs

A good Baker masters two basic techniques. First, he *measures* ingredients accurately. There is no room for guesswork. The importance of carefully scaling (weighing) dry ingredients and measuring liquid ingredients cannot be overemphasized. Second, he knows how to *prepare dough* for baking. In the formulas that follow, you are given the correct weights and amounts of ingredients needed to prepare various yeast bread and roll doughs. Mix these exactly as directed in the particular formula you select. You will then be ready to prepare the dough for shaping into loaves, rolls, twists, etc., as described in the 5 Basic Steps on pages 204-205.

WHITE BREAD DOUGH

YIELD: Ten 2-lb. loaves SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	4 oz.	½ cup	Place in bowl and stir to break up any lumps.
Sugar	12 oz.	1½ cups	
Evaporated milk	2 lbs.	1 qt.	Add evaporated milk with 75% of the water.
Water	6 lbs.	3 qts.	
Yeast	6 oz.	1½ cups	Break into small particles and dissolve in remaining lukewarm water.
Flour	13 lbs.-8 oz.	12 qts.	Sift and add. Stir slightly, add yeast solution and mix until dough is formed.
Shortening	12 oz.	1½ cups	Add shortening and mix. Develop the dough until smooth and elastic.

Weight of Mix: 23 lbs., 10 oz.
Dough Temperature: 80° F.
Oven Temperature: 425° F.

MATERIALS AND TOOLS NEEDED:

Bread dough	Bench brush	Scale and weights
Dusting flour	Pullman pans	Grease and brushes
Scraper	Covering cloth	Oil and cloth

★ **Mix ingredients as directed above. Proceed through Basic Steps 1-5 (pages 204-205).**

SWEET RYE BREAD

YIELD: Ten 2-lb. loaves SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	4½ oz.	½ cup	Place salt, molasses and 75% of the water into a bowl and stir.
Molasses	4 oz.	⅓ cup	
Water	8 lbs.	4 qts.	
Yeast	6 oz.	1½ cups	Break yeast into small pieces and dissolve into the remaining lukewarm water.
Rye flour	4 lbs., 8 oz.	4 qts.	Sift together and add. Stir slightly, add yeast solution and mix until a dough is formed.
Bread flour	9 lbs.	8 qts.	
Shortening	4 oz.	½ cup	Add and mix. Develop the dough until smooth. Avoid over-mixing.

Weight of Mix: 22 lbs., 10½ oz.
Dough Temperature: 78° F.
Oven Temperature: 425° F.

MATERIALS AND TOOLS NEEDED:

Bread dough	Bench brush	Scale and weights
Dusting flour	Pullman pans	Grease and brushes
Scraper	Covering cloth	Oil and cloth

★ **Mix ingredients as directed above. Proceed through Basic Steps 1-5 (pages 204-205).**

EGG BREAD AND ROLL DOUGH

YIELD: About 200 rolls or fourteen 1-pound loaves SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	2½ oz.	6 Tbsp.	Put in a bowl and mix together.
Sugar	8 oz.	1 cup	
Shortening	8 oz.	1 cup	
Eggs	1 lb.	2 cups	
Water or milk	4 lbs.	2 qts.	Add 75% to the above and stir.
Yeast	4 oz.	1 cup	Break into small pieces. Add to the remaining liquid.
Flour	8 lbs.	7 qts.	Sift into the above. Stir slightly and add the yeast solution. Mix till dough is smooth.

Weight of Mix: 14 lbs., 6½ oz. Dough Temperature: 80° F. Oven Temperature: 400° F.

★ **Mix ingredients as directed above. Proceed through Basic Steps 1-5 (pages 204-205).**

SWEET ROLL DOUGH

YIELD: About 240 rolls SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	4 oz.	½ cup	Place in mixing bowl.
Sugar	1 lb., 8 oz.	3 cups	
Shortening	1 lb.	2 cups	
Milk, evaporated	2 lbs.	1 qt.	Add evaporated milk and 75% of the water to the above and stir slightly.
Water	6 lbs.	3 qts.	
Yeast	6 oz.	1½ cups	Break into small pieces and dissolve in remaining water.
Flour	14 lbs.	12½ qts.	Sift and add. Stir slightly, add yeast solution and mix till smooth and elastic.

Weight of Mix: 25 lbs., 10 oz.

MATERIALS AND TOOLS NEEDED:

Dough
Dusting flour
Scraper
Bench brush
Melted butter and brush
Sheet pans or muffin pans
Grease and brush or Oil and cloth

★ **Mix ingredients as directed above. Proceed through Basic Steps 1-5 (pages 204-205).**

RAISIN BREAD DOUGH

In making Raisin Bread Dough, use the above formula. Add raisins to taste as soon as the dough is formed. Two to three pounds will give good results.

When making raisin bread, allow the dough to have only one fermentation period, then take out and scale off and treat the same as for Pullman bread. The above recipe will make 14 one-pound loaves or 7 two-pound loaves, serving 50–60 men.

SPECIAL NOTES FOR RYE BREAD

(a) A slight increase in salt emphasizes rye flavor of bread.
(b) Caraway seed lends a special flavor to rye bread. Amount used depends on individual taste, as does amount of sugar.
(c) Rye dough ferments quicker than white dough as rye flour is more acid. The amount of yeast may be decreased when preparing rye bread mix.
(d) A rye dough does not require as much developing or fermentation as white bread dough.
(e) If rye flour represents 50% of total flour used, make the dough slightly soft and cool. Give one fermentation and place in oven when slightly below full proof and bake at about 400° F.

SPECIAL NOTES ON EGG BREAD AND ROLL DOUGH

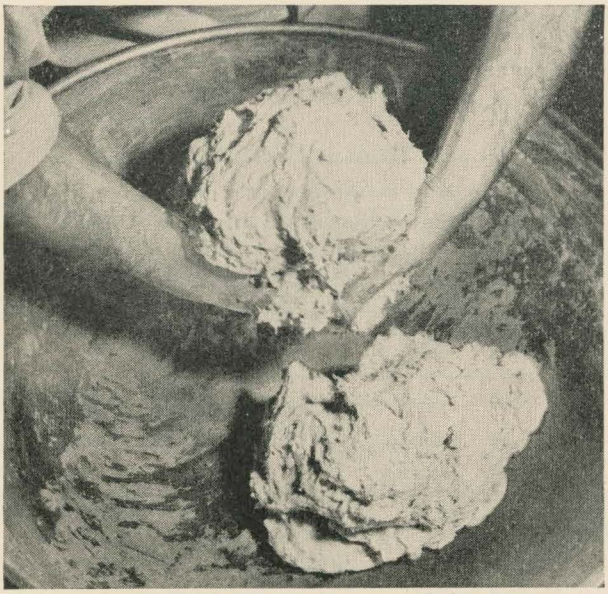
(a) This dough should be a trifle stiffer than white dough.
(b) Egg dough gives more volume than others. For the 3-pound loaf pan use 2 pounds, 8 oz.
(c) Fermentation, make-up and baking procedures are the same as used in white dough.
(d) Be careful in proofing. Do not over-proof as the cell structure, when formed, will be too open.
(e) This dough is used for bread or rolls. In making rolls, dust the cut pieces of dough lightly with rye flour before twisting. When washing the rolls or bread with egg wash, brush off any flour with a dry brush, then brush on egg, using a mixture of about 90% eggs to 10% water.

SPECIAL NOTES ON SWEET ROLL DOUGH

This dough should be slightly softer than the White Bread Dough. Eggs can be added to the recipe given if a richer type roll is desired. Add about 8 ounces or 1 cup of egg in the first stage. Slightly more flour should be added to take care of this added moisture.

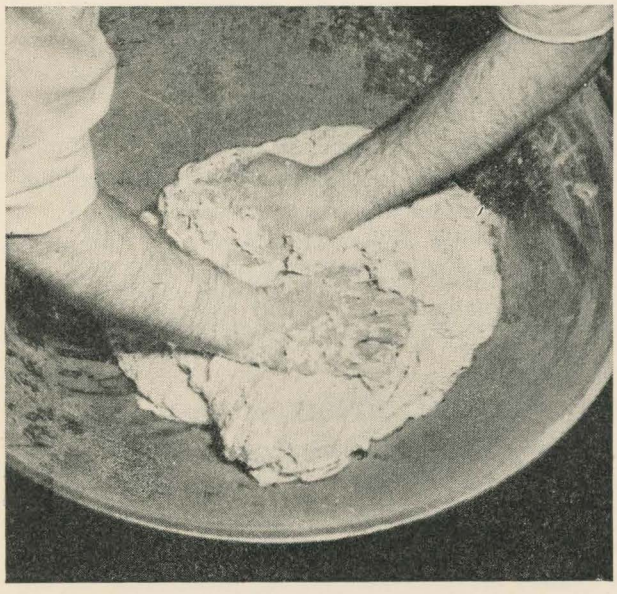
BASIC STEPS 1 to 5 — BREAD AND ROLL DOUGH

★ **Mix ingredients as directed in formula, then proceed as follows:**



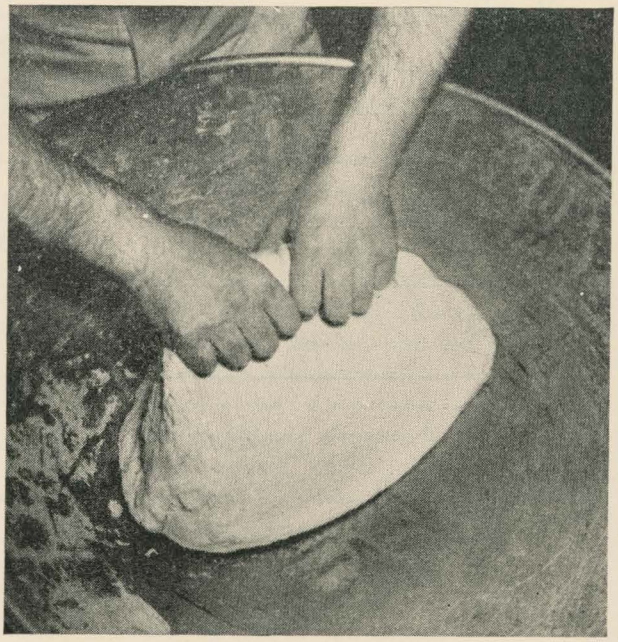
STEP 1. CUTTING

In order to mix dough thoroughly, the fingers of the left hand should overlap the fingers of the right under the dough. The thumbs, which are placed alongside each other, cut downward while the index fingers of both hands cut upward.



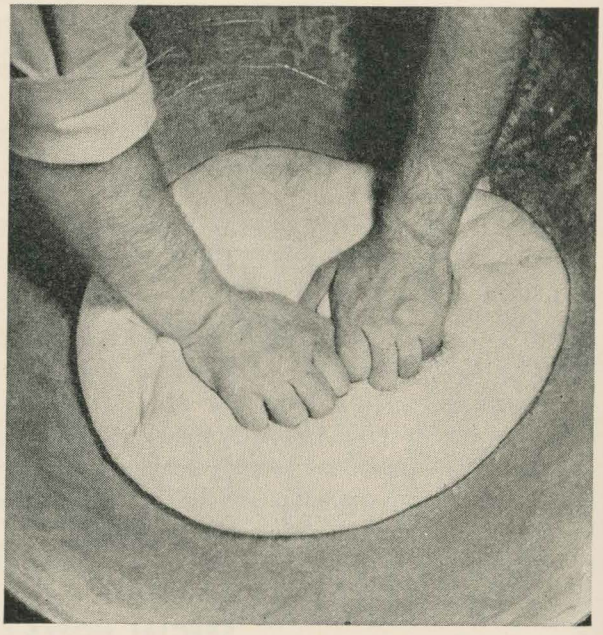
STEP 2. SPREADING

As the dough is cut, it must be spread by placing it down and spreading it out with the palm of the hands as illustrated. Each cut is placed on top of the preceding cut and spread. This cutting and spreading process is repeated until the dough is evenly mixed.



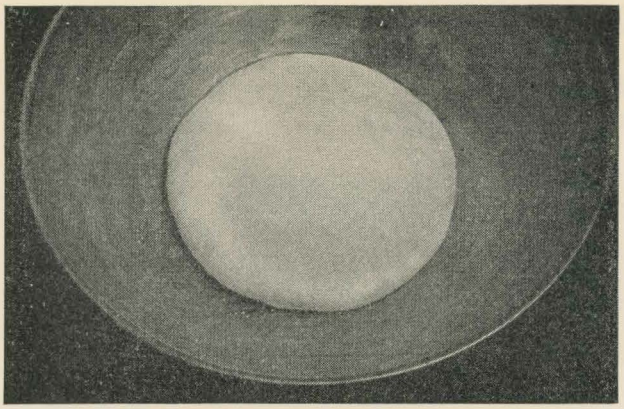
STEP 3. DEVELOPING

In order to get volume and smoothness in bread, the dough is worked or kneaded. The hands are placed above the dough, palms downward. The dough is then grasped and pulled upwards so that it stretches. Do not pull it too far as it will break. The dough is then pushed back away from the starting point and pressed inward with the knuckles.



DEVELOPING (cont.)

Pulling and pushing is continued until dough is smooth, elastic and pulls away from sides of bowl.



STEP 4. FERMENTING

Place mixed dough in a greased trough or bowl. (Greasing prevents dough from sticking to container.) The sides of the dough should be pulled over so that the top is smooth. It is important that doughs should be set at temperatures ranging from 77° F. to 80° F. whenever possible.

Low temperatures slow up yeast action. High temperatures make the dough difficult to handle. They may cause the development of undesirable bacteria, such as wild yeasts, and excessive acidity which tends to weaken the gluten, resulting in a coarse-ground loaf of poor flavor.

The rate of fermentation is affected by the amount of yeast put into the dough. The more yeast used per quart of water, the faster the rate of fermentation. To test when dough has fermented sufficiently, push finger in dough about 4 inches and quickly withdraw. If the dough falls back, it has reached maximum expansion. This stage occurs in about 2–2½ hours in a straight dough made with 2% yeast. Further fermentation will cause it to sour.

STEP 5. PUNCHING OR FOLDING

To prevent souring, the gas is forced out by punching or folding. After all the gas has been forced out, the dough is allowed to continue fermenting for about 30–40 minutes before making up.

AFTER COMPLETING BASIC STEPS 1 to 5...

TO MAKE BREAD: Continue on page 206.

TO MAKE ROUND ROLLS: Continue on page 209.

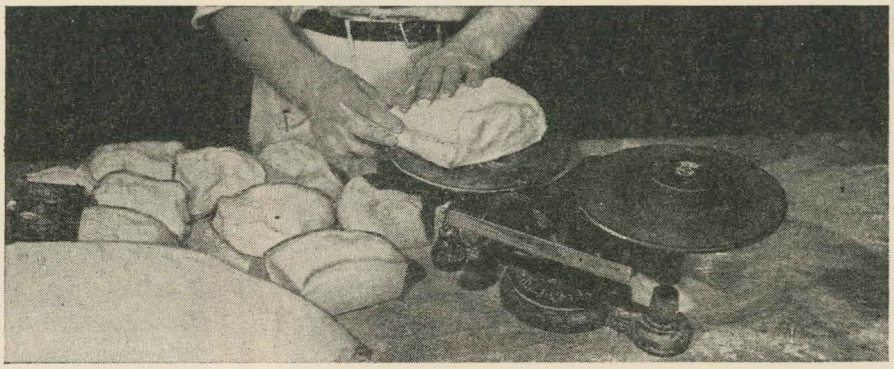
TO MAKE PARKER HOUSE ROLLS: Continue on page 210.

BREAD

★ **Mix ingredients as directed in formula for type of bread dough desired (pages 201-203). Proceed through Basic Steps 1-5 (pages 204-205). Continue as follows:**

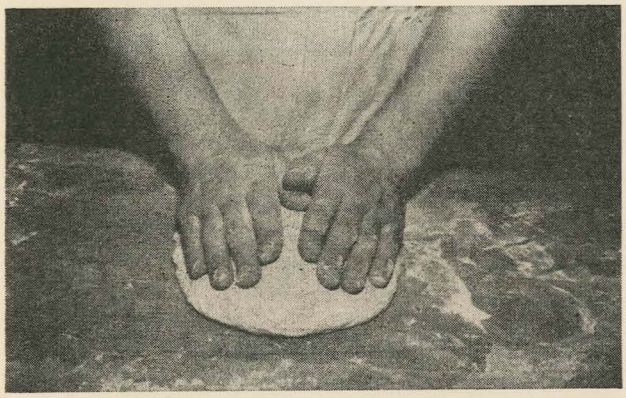
SCALING

The dough is scaled to secure loaves of uniform weight and size. In order to secure a one-pound loaf of bread, the dough must be scaled off at one-pound, two ounces, as the bread loses two ounces of moisture in the baking process.

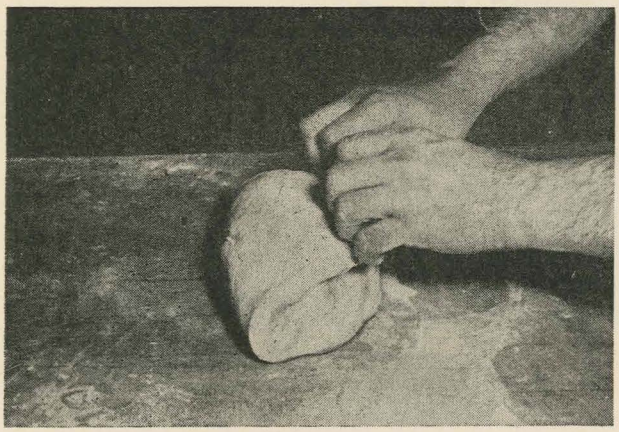


ROUNDING

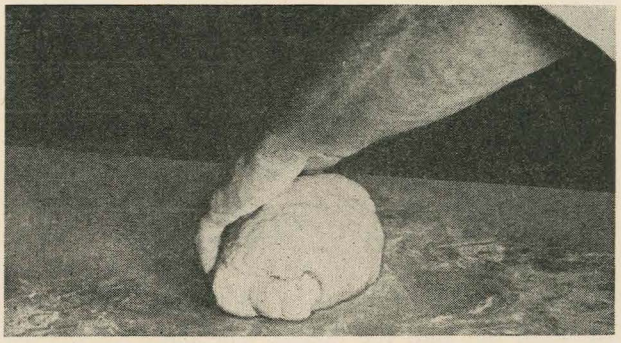
Dough is rounded as described in the following steps so it will be easier to shape in its final form.



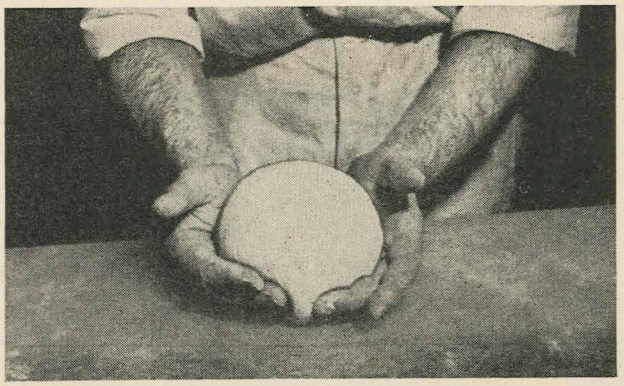
(A) With hands, shape the dough high in the center with the sides sloping toward the bench. This is done by spanking or striking the scaled dough with open palms which are turned slightly towards each other.



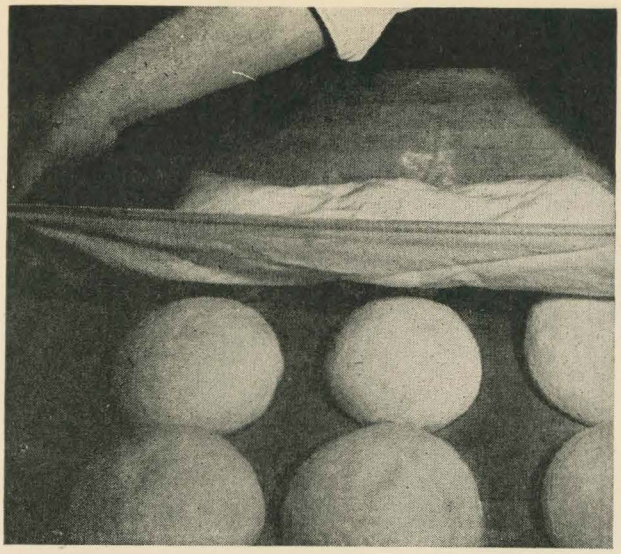
(B) With both hands, grasp the end farthest away and pull it forward over the end nearest you and seal by pressing down quickly and firmly with the knuckles of the hand.



(C) Pull dough over on its seam.



(D) With the fingers and palms of both hands, pick up the piece of dough and fold side ends underneath. Continue with proofing described on next page.

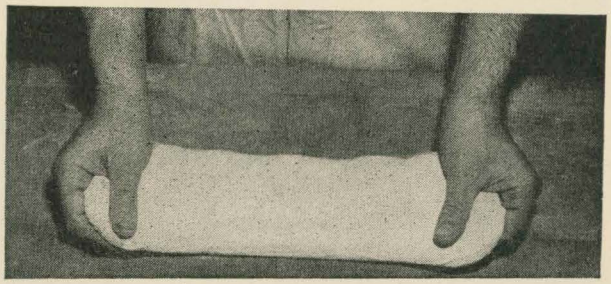


PRELIMINARY PROOFING

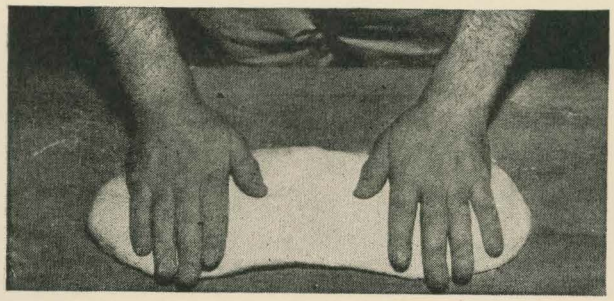
Place rounded dough on bench, cover and let it stand for about 15 minutes.

SHAPING THE DOUGH

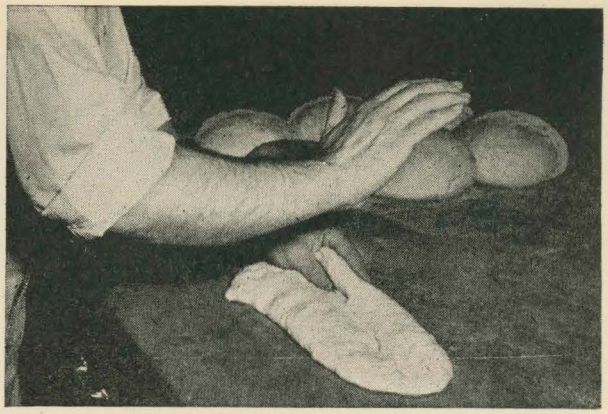
To shape dough so that it will be uniform in size, perform the following steps:



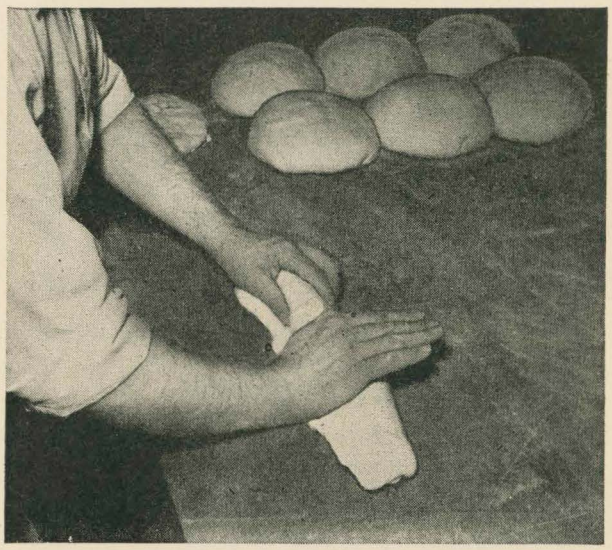
Stretching: Pull lengthwise with both hands. Be careful not to tear by pulling out too far.



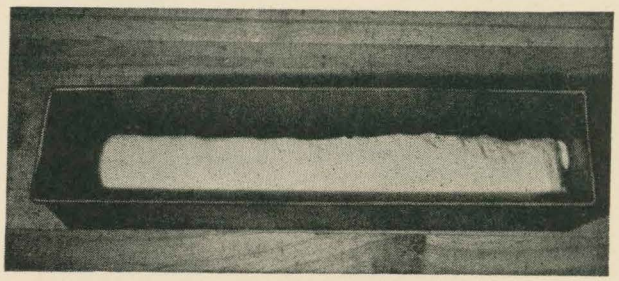
Flattening: The dough is flattened with open palm of the hands. This forces out the gas, equalizes the cell structure and spreads the dough.



Folding: The dough is then folded by one hand as illustrated, while the other hand strikes the folded part of the dough to the other part of the dough, causing it to stick. This process is repeated throughout the length of the loaf.

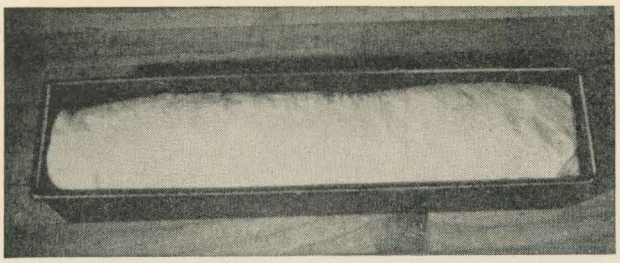


Sealing: The final fold is given. When making the final seal, be sure it is done tightly. This will prevent the bread from opening on the bottom and will result in a loaf having a finer structure.



PANNING THE DOUGH

The shaped dough is placed in clean, lightly greased or oiled Pullman pans. The seam of the loaf is placed on the bottom of the pan.



PAN-PROOFING

The bread is allowed to rise to slightly more than twice its size when panned, as the molding process compressed each piece of dough and expelled a large amount of gas. This rising period is called "proofing."

It is important to watch proofing time, temperature and humidity. Over-proofing may cause dough to drop. Under-proofing results in a heavy loaf. Low humidity (little moisture in air) may cause dough to crust over.

To quicken the rate of fermentation, put the bread in a warm place (about 90° F.–95° F.).

To test if bread is ready to be baked, press lightly on top of the bread with the flat of the finger. If the dough springs back, it has to proof longer. If it does not spring back, it is ready to bake.

BAKING

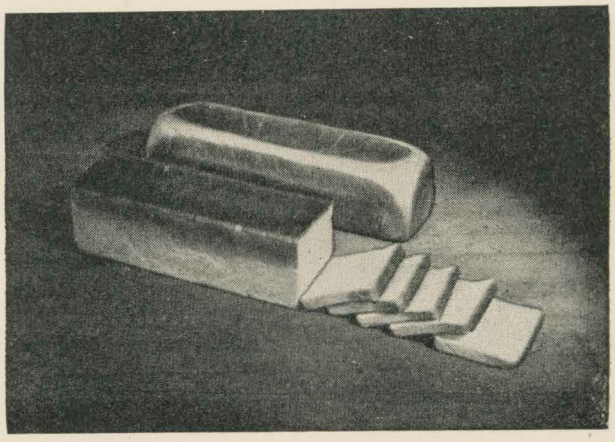
Extreme care should be taken in the handling of the proofed dough to avoid jarring as it is being placed in the oven. Place pans neatly in oven, allowing about ¾-inch clearance at sides and top of each pan to allow heat to circulate.

WHEN BREAD IS DONE

The bread is done when side, top and bottom crust have a deep golden-brown color and the crust cracks or chips when struck lightly.

REMOVING BAKED BREAD

When bread is done, remove loaves from pans immediately and place on a screen, rack or flour bag about an inch apart to allow air to circulate freely.



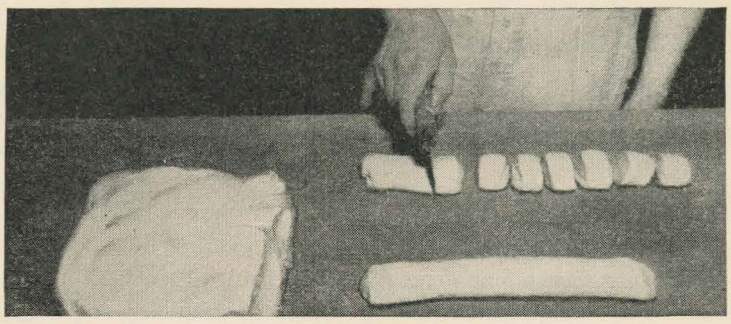
THE FINISHED LOAF

Illustration above shows the finished loaf, ready to eat. Bread should be cut when cool, as it is then "set" and cuts easily.

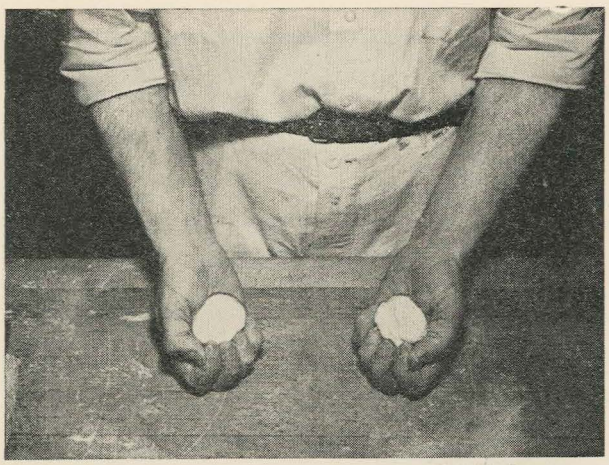
★ ★ ★ ★ ★

ROUND ROLLS

★ **Mix ingredients as directed in formula for type of roll dough desired (pages 202-203). Proceed through Basic Steps 1-5 (pages 204-205). Then continue as follows:**

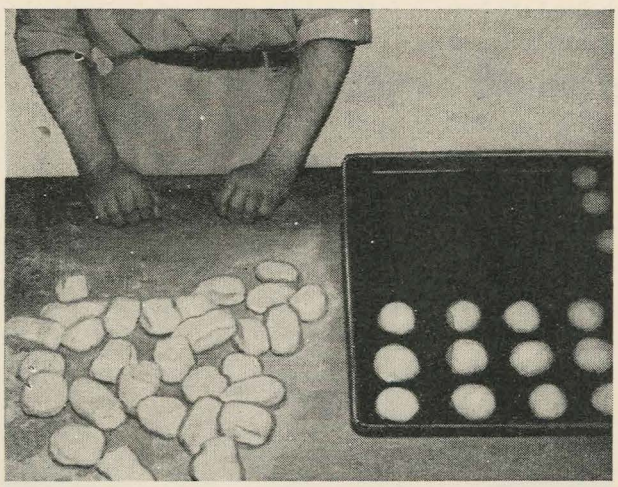


CUTTING: Cut the dough into strips. Roll and cut into pieces weighing approximately two ounces each. —→



ROUNDING

The pieces are rounded into balls about the size of a golf ball by the simple process of rolling them with a circular motion against the work bench.



PANNING

Rolls are placed in rows on slightly greased pans. The amount of space between rolls depends on type of roll desired.

PROOFING

The rolls are allowed to double in size.

BAKING AND BRUSHING:

When the rolls are baked (check bottoms to see if browned) brush the top with melted butter.

FINISHED ROLLS

Round rolls, as they appear when ready to serve, are shown in the illustration above.

PARKER HOUSE ROLLS

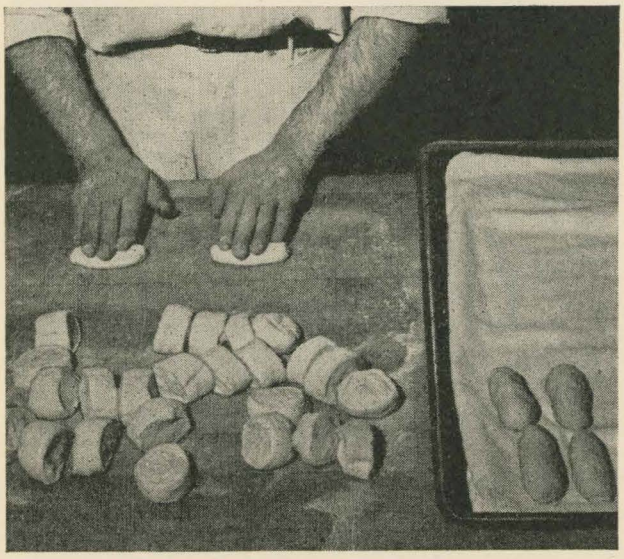
★ Mix ingredients as directed in formula for Sweet Roll Dough (page 203). Proceed with Basic Steps 1-5 (pages 204-205). Continue as follows:

MATERIALS AND TOOLS NEEDED:

Dough—sweet roll	Bench brush
Dusting flour	Sheet pans
Scraper	Melted butter and brush
Small rolling pin	Floured cloths
Egg wash	Grease and brush

DIVIDING DOUGH

Cut into pieces 3 or 4 pounds each, then roll each piece into elongated strips 1½ inches in diameter. Cut strips into pieces one inch thick. (Remember, baked rolls will be double the size of the dough piece.)



SHAPING ROLLS

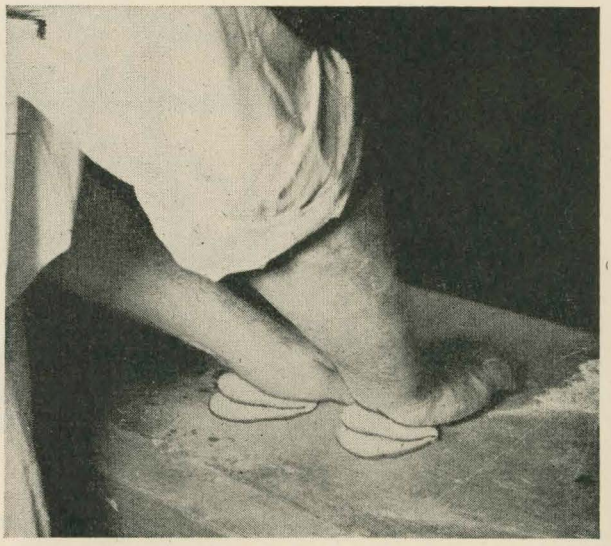
The pieces of dough are rounded slightly, then rolled into lengths of 2½ to 3 inches and placed on a floured cloth or bench to proof. Keep about ¼ inch apart—cover with a cloth if galley is drafty.

ROLLING

The pieces are rolled out with the aid of a small rolling pin, leaving a small lip at each end as shown. They are then placed on a slightly dusted bench.

BRUSHING ON BUTTER OR OIL

Butter or oil is brushed on. This prevents the dough from sticking when folded, so that the roll can be opened easily.

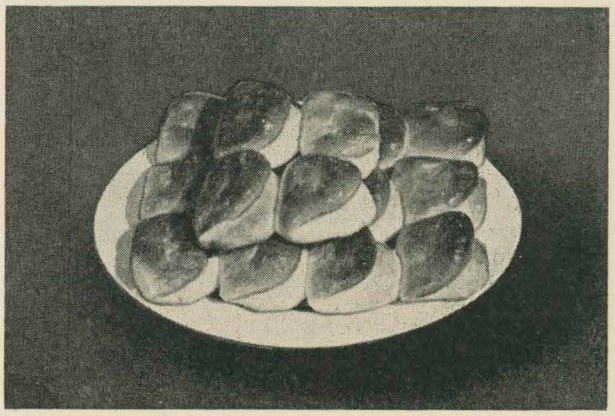


FOLDING THE ROLL

The roll is folded with the top fold placed slightly behind the bottom fold and then pressed down firmly. Place rolls neatly on the pan about a half-inch apart.

BRUSHING ON EGG WASH

Egg wash is brushed on lightly and evenly to give the roll a glossy finish. Allow rolls to proof.



BAKED ROLLS

Rolls are considered baked when brown on the bottom as well as the top. Melted butter can be applied if desired.

Bread Dough Using Old Dough for Leavening

Occasionally, you may run out of yeast while at sea. When this happens, you can still make tasty bread by using the yeast that is present in *old* dough. To do this, you first make up what is called a "sponge", using old dough, flour and water. This sponge is fermented by the yeast in the old dough. Ingredients that restrict fermtation—salt, milk and shortening—are omitted from the fermenting sponge.

When the sponge has been prepared, it is then mixed with shortening, salt, sugar and flour to make the bread dough. Here is the procedure for you to follow.

SPONGE

YIELD: About ten 2-pound loaves SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Water	6 lbs.	3 qts.	Place in a bowl. Stir to dissolve sugar.
Sugar	2 oz.	5 Tbsp.	
Old dough	4 lbs.	2 qts.	Break into small pieces, add flour and mix with water till a smooth dough is formed.
Flour	9 lbs.	8 qts.	

Weight of Mix: 19 lbs., 2 oz.
Fermentation Time: 12 to 24 hours.

Sponge Temperature: 75° F.
Room Temperature: 70°-75° F.

★ **Proceed with formula for Bread Dough Using Sponge, page 212.**

NOTES ON SPONGE

Make sponge at about 75° F. Too warm a sponge is apt to turn sour.

Sponge can be made to last for 48 hours if so desired. After making, place it in the chill box at 32° F. to 34° F. for 36 hours. Take out and allow to stay in room temperature 70° F. to 75° F. for 12 hours before using.

3. If sponge turns slightly sour, increase the amount of sugar used in the dough.
4. Approximately one pound of old dough is used to every quart of water.

BREAD DOUGH USING SPONGE

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	4½ oz.	½ cup	
Sugar	12 oz.	1½ cups	Place in a bowl and mix well. See that the sponge is well broken up.
Milk, evaporated	2 lbs.	1 qt.	
Sponge dough	19 lbs., 2 oz.	—	
Flour	4 lbs., 8 oz.	4 qts.	Sift and add. Mix till dough is formed.
Shortening	8 oz.	1 cup	Add, develop the dough till smooth and elastic.

Weight of Mix: 27 lbs., 2½ oz. Dough Temperature: 80° F. Oven Temperature: 425° F.

NOTES ON BREAD DOUGH USING SPONGE

1. If the dough is made up from a sponge that is 12 hours old, allow the dough to ferment for about 20–30 minutes before making up.
2. If the dough is made up from a sponge that is 24 hours old, make up immediately.
3. It is rather difficult to determine the proper length of time for doughs as there are factors that tend to upset any definite estimation. If the resultant bread has a tendency to color quickly in the oven, it is an indication that the dough should have had more fermentation time. If the crust has a pale color, too much fermentation time was given it. Experience will assist in setting the proper length of fermentation time.

★ ★ ★ ★ ★

Young and Old Doughs

Due to factors over which the Baker has no control, he may be compelled to use the dough before it has had sufficient fermentation—or after it has over-fermented. In either case he is called upon to make certain adjustments in order to turn out a good loaf of bread. To avoid having bread spoil under these conditions, here is the information you need to know about young and old doughs.

YOUNG DOUGH

Definition: A young dough is one which is either insufficiently fermented or one which has not had enough time to ferment. See section on "FERMENTATION."

Description: A young dough—in contrast to a normal one—lacks life, seems wet and sticky, has a tendency to spread on the bench. During the preliminary proofing period, the bottom of the rounded dough flattens out considerably, making the base wider than normal. When being rounded the dough makes a squeaky noise and small blisters appear on its skin.

Since the yeast has had insufficient time to convert some of the sugar in the mix, the dough has a higher percentage of sugar in it than is normal.

The gluten has not developed properly, nor has it completely hydrated. As a result, the dough is heavy and lifeless. Not having reached the proper degree of acidity—mellowed and ripened fully—it appears wet and sticky and breaks short when stretched.

YOUNG DOUGH—Cont'd.

How to Handle

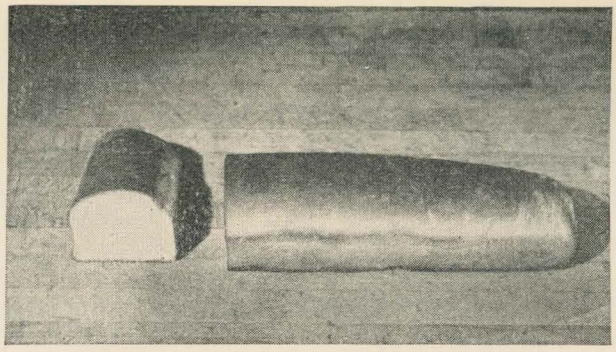
In Proofing—

a. Decrease the amount of humidity. Allow to proof in dry atmosphere.
b. Give the bread less proof—about three-quarters.

In Baking—

a. Lower the oven temperature.
b. Lengthen the period of baking.

Bread baked with a young dough appears soggy, with a dark reddish brown crust. It has less volume, poor grain, yellowish crumb interior and the crust blisters.



Bread Made with Young Dough

The bread shown above has been baked with a young dough. It is heavy—has a reddish-brown color—and the crust shows many blisters. It does not have sufficient volume.

OLD DOUGH

Definition: An old dough is one having had more fermentation than normal; one that is over-fermented or over-aged.

Description: An old dough tears and breaks rapidly when pulled. It is dried in appearance and has a sour odor. Almost all of the sugar has been consumed by the action of the yeast, leaving an inadequate amount in the dough.

How to Handle

On the Bench—

a. Round up lightly.
b. Avoid using flour if possible.
c. Do not mold tightly as bread will tear.

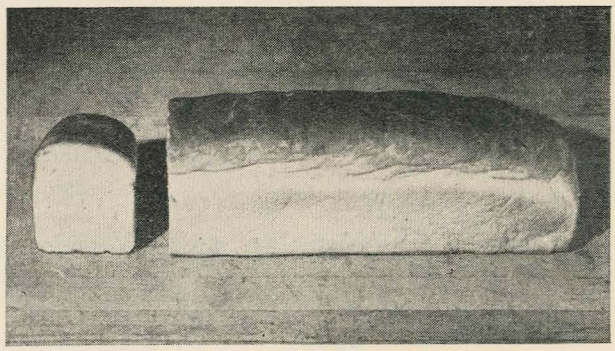
In Proofing—

a. Increase temperature and degree of humidity.
b. Give full proof.
c. Keep docking or cutting to a minimum.

In Baking—

a. Increase the oven temperature.
b. Use less baking time.

Bread made from old dough has a pale crust, tears easily and has an open grain, strong odor and poor flavor. Its texture is weak and the bread crumbles easily.



Bread Made with Old Dough

Here is the result of using old dough in bread making. The loaf is pale in color and has an open texture. The crust is unsatisfactory, too, in that it is both coarse and broken.

Common Bread Faults and Their Remedies

FAULT: BREAD IS SOGGY

Cause: High oven temperature.	**Explanation:** Bread's crust colors rapidly, giving a baked appearance. Interior remains unbaked.	**Remedy:** Lower the oven temperature. Lengthen the baking period.
Cause: Bread allowed to remain in closed pans after removal from oven.	**Explanation:** If not dumped from pans immediately bread will become wet, due to moisture condensing in the pan.	**Remedy:** Dump bread from the pans immediately upon removal from oven and place so that air circulates freely about the loaves.
Cause: Young dough.	See previous page for explanation.	

FAULT: LACK OF VOLUME

Cause: Under-proofing.	**Explanation:** Bread not given enough proof results in its being insufficiently leavened.	**Remedy:** Give it more proof.
Cause: Insufficient yeast.	**Explanation:** Not enough gas is created by the yeast, causing dough to be heavy.	**Remedy:** Increase the amount of yeast.
Cause: Dough is extremly over-proofed.	**Explanation:** After reaching its maximum degree of expansion the cell walls collapse, causing the dough to lose its cell structure.	**Remedy:** Give less proof.

FAULT: TOO MUCH VOLUME

Cause: Baking a large piece of dough in a small pan.	**Explanation:** Dough expands over and above the sides of the pan.	**Remedy:** Use larger pans or use less dough.
Cause: Insufficient amount of salt in mix.	**Explanation:** In scaling, an insufficient amount of salt was scaled off. Salt retards fermentation and acts as a controlling factor.	**Remedy:** Scale off accurately.
Cause: Excessive proofing.	**Explanation:** Bread is given more proof than necessary, resulting in more volume but with excessively large cell structure.	**Remedy:** Less proof.

FAULT: PALE CRUST

Cause: Old dough.	See previous page for explanation.	
Cause: Insufficient sugar or milk solids.	**Explanation:** Sugar and milk solids carmelize when subjected to heat and give the bread its brownish color. Without them bread would be much lighter in color.	**Remedy:** Increase the amount of sugar and milk solids in the mix.
Cause: Cool oven.	**Explanation:** Desirable color results only when the oven is heated to the correct temperature. A cool oven will give the crust a deep, rich brown color.	**Remedy:** Increase the oven temperature.

FAULT: DARK CRUST

Cause: Young dough.	See page 212 for explanation.	
Cause: High percentage of sugar and milk solids.	**Explanation:** Sugar up to a certain amount gives the bread a desired golden brown color. Above the required amount bread takes on a darker shade.	**Remedy:** Lower the percentage of sugar used.
Cause: High oven temperature.	**Explanation:** As oven heat is responsible for bread coloring, the degree of heat plays an important part. A high degree of heat causes carmelization to take place quickly.	**Remedy:** Lower oven temperature.

FAULT: CRUMBLY BREAD

Cause: Old dough.	See page 213 for explanation.	
Cause: Over-proofing.	**Explanation:** When excessively proofed, the cell structure in the bread is large and as a result dries out quickly. When cut with a knife the bread has a tendency to crumble.	**Remedy:** Less proof.
Cause: Cool oven.	**Explanation:** Bread baked in a cool oven dries quickly; will crumble when cut. It is not moist enough to be tender.	**Remedy:** Hotter oven.
Cause: Stiff dough.	**Explanation:** When made with a stiff dough, bread dries out rapidly and crumbles easily when cut.	**Remedy:** Make dough softer.

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STORING AND SERVING BREAD AND ROLLS

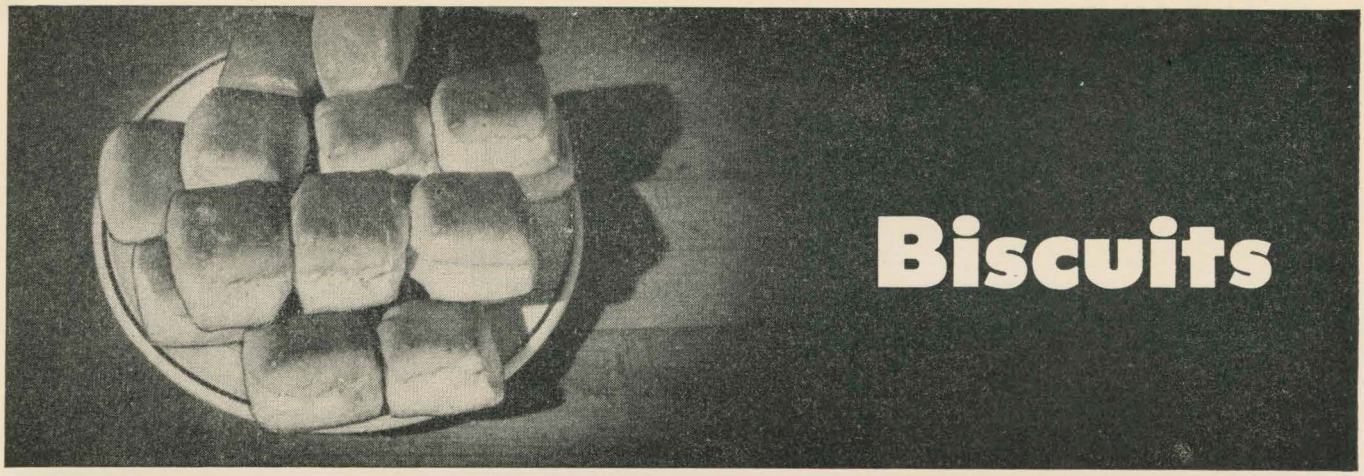
BREAD

Bake at least three times a week, as bread loses its flavor and may become moldy after the fourth day. Wrap well and store in chill box, as it will stay fresh longer, pick up fewer odors than if kept at room temperature. When cutting bread, use a sharp blade and saw the bread rather than attempting fast downward cuts. A cleaner slice of bread will result.

ROLLS

When cool, place in covered container or wrap well. Store in chill box and serve within 48 hours.

When ready to serve, place rolls on pans in galley and allow to reach room temperature. Then sprinkle rolls lightly with water and place in oven at least five minutes. Serve promptly.



Biscuits

QUICK BISCUIT DOUGH

YIELD: About two hundred 2-inch biscuits SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	2 lbs.	1 qt.	Cream until light.
Shortening	2 lbs.	1 qt.	
Salt	2 oz.	5 Tbsp.	
Milk, cool evaporated	2 lbs.	1 qt.	Blend together and stir lightly into the above.
Water, cool	6 lbs.	3 qts.	
Flour	12 lbs.	10 qts.	Blend, sift and add. Mix dough till smooth.
Baking powder	12 oz.	2 cups	

Weight of Mix: 24 lbs., 14 oz.
Oven Temperature: 425° F.

MATERIALS AND TOOLS NEEDED:

Biscuit dough
Dusting flour
Large rolling pin
Bench brush
Wash and brush
Biscuit cutter
Scraper
Baking sheets

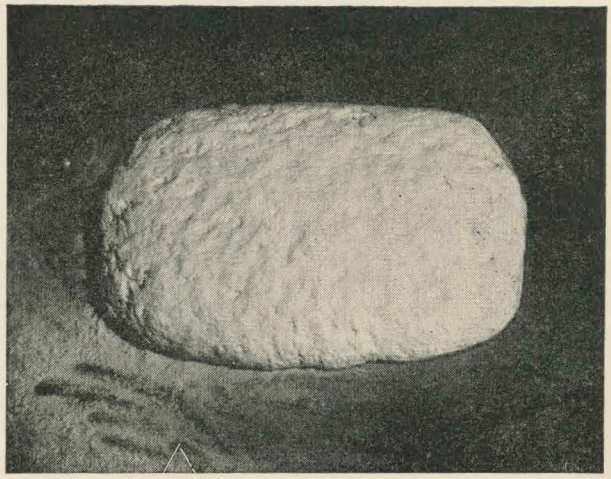
MIXING

Cream the salt, sugar and shortening until light, to incorporate air, which leavens the mix. Scrape the bowl to insure all of the ingredients being evenly mixed. The cold milk and water prevent the fat from breaking down and help retain the air. Stir mix lightly to prevent rupturing of cells.

Upon adding the blended flour and baking powder, the dough is developed lightly until smooth. Do not over-mix, or the gluten in the dough will be over-developed and make the product tough and rubbery.

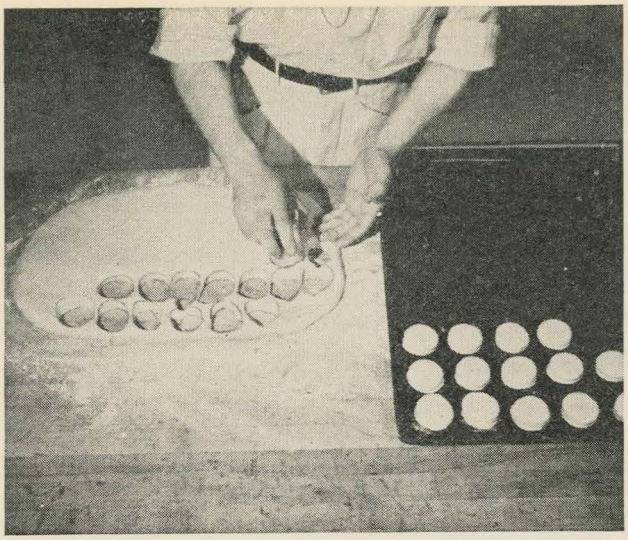
MAKE-UP

Allow dough to rest on the bench for at least 15 minutes before being made up. This enables the dough to relax and soften, making it easier to roll without tearing or forcing. A smoother, lighter biscuit will result if these directions are followed.



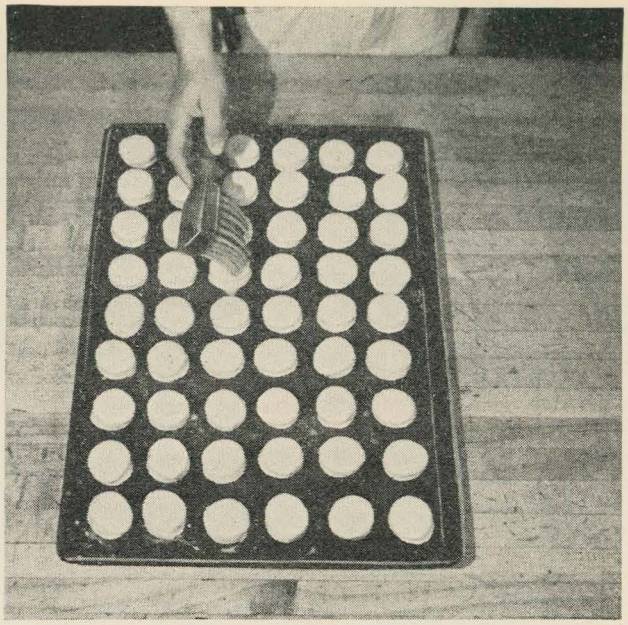
SHAPE OF DOUGH

Form dough into an oblong shape, place on a well-dusted bench and allow to rest lightly.



CUTTING AND PANNING

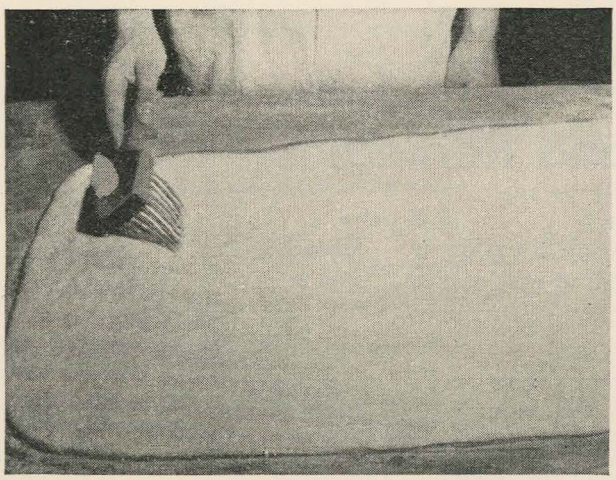
Dust the dough with flour and roll out to about three-quarters of an inch in thickness. Cut biscuits out with a clean, sharp biscuit cutter. Cut biscuits as close together as possible to avoid too many scraps which will toughen when rolled out again. Place biscuits neatly about one-half inch apart on lightly greased pans.



BRUSHING OFF FLOUR

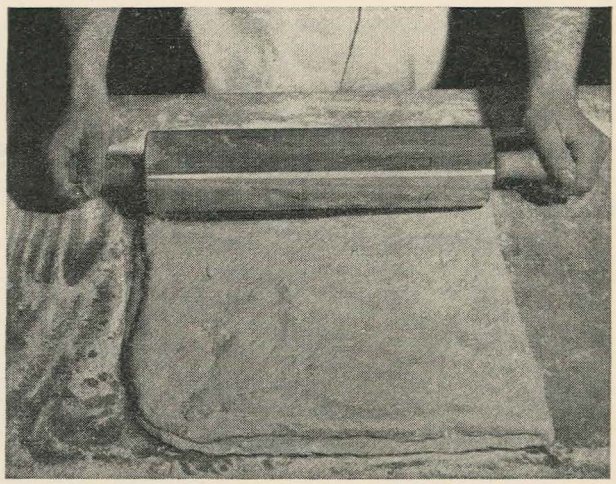
Brush off flour and apply egg wash if desired. It is advisable to allow units to rest again. Biscuits should be baked at 425° F., and are considered done when browned on the bottom as well as the top.

BUTTERED BISCUITS



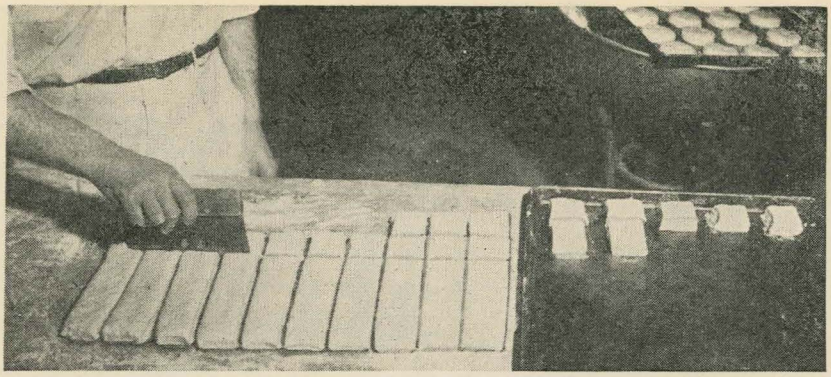
APPLYING MELTED BUTTER

Dust the dough with flour and roll out to a thickness slightly less than half inch. Brush half of it lightly with melted butter.



FOLDING

Roll the unbrushed dough over the brushed dough and then roll the dough out slightly with a rolling pin. Cut the biscuits out as usual and place on a slightly greased pan.



SQUARE BISCUITS

When pressed for time, it is advisable to make square biscuits. Cut out with a sharp scraper as illustrated. Wash lightly with egg wash. Sift on flour if desired.

RAISIN BISCUITS

PLAIN BISCUITS

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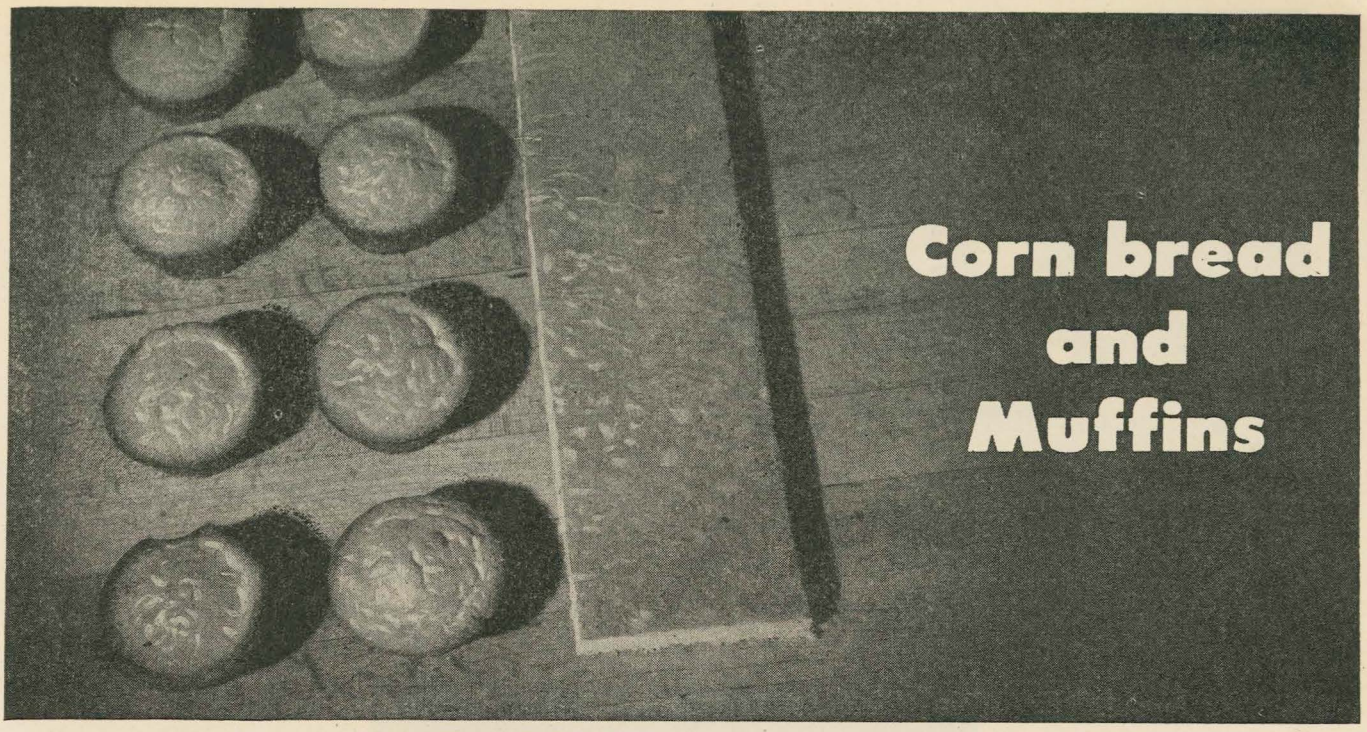
Biscuit Faults and Remedies

FAULT: BISCUIT IS HEAVY AND SMALL

Cause: Stiff dough.	**Explanation:** The dough is too dry and will not expand as well as a moist dough, thereby restricting volume.	**Remedy:** Put less flour into the mix.
Cause: Over-developing of the dough.	**Explanation:** Gluten should be developed to a small degree. However, over-developing the gluten causes resistance to the gas developed by the baking powder. This prevents dough from expanding.	**Remedy:** Do not over-develop the dough.

FAULT: BISCUIT IS COARSE

Cause: Dough has been insufficiently developed.	**Explanation:** Insufficiently developed dough results in a short crumbly type dough rather than the desired smooth, elastic dough.	**Remedy:** Lengthen the developing time. The dough should not be allowed to get too stiff.



Corn bread and Muffins

CORN BREAD AND MUFFIN MIX

YIELD: Two sheets or 170 muffins SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	2 lbs.	1 qt.	Cream well.
Shortening	2 lbs.	1 qt.	
Salt	2 oz.	5 Tbsp.	
Eggs	2 lbs.	1 qt.	Add in 3 stages.
Water	5 lbs.	2½ qts.	Blend together, add 75% and stir in slightly.
Milk, evaporated	2 lbs.	1 qt.	
Flour	4 lbs., 8 oz.	4 qts.	Blend and sift into the above. Mix, then add remaining water and mix until smooth.
Cornmeal	2 lbs., 8 oz.	2 qts.	
Baking powder	10 oz.	1½ cups	

Weight of Mix: 20 lbs., 2 oz.
Oven Temperature: 400° F. to 425° F.

MATERIALS AND TOOLS NEEDED:
Mix—corn or whole wheat Bowl knife
Greased muffin pans

DIRECTIONS

Cream salt, sugar and shortening together to incorporate air. The temperature of the eggs should be about 65° F. to 70° F. Eggs are added in three stages and creamed in well after each stage. The ability of eggs to retain the air creamed into them results in leavening action.

In adding the liquid, 75% is added at first, the remainder last. This permits breaking up any lumps in the mix. Stir the water in slightly so as not to break down the mix.

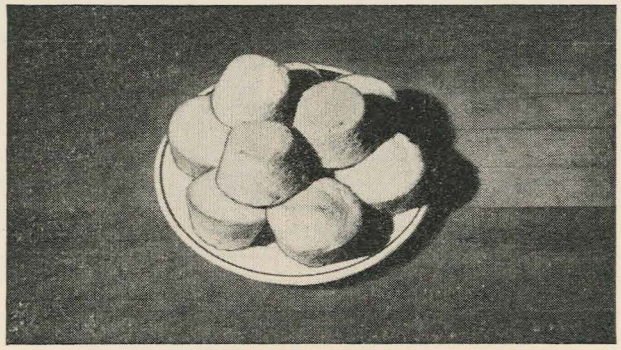
The cornmeal, flour and baking powder are blended on the scale scoop and then added to insure an even distribution of the ingredients throughout the mix. Add the remaining water and stir in until the mix is smooth. Do not over-mix, as this tends to toughen the batter. The mix should be rather soupy.

FILLING MUFFIN PANS

Pour the mixture into clean, well-greased muffin pans until pans are about half full.

BAKING OUT

Test to see if muffins are baked by pressing the *center* of the muffin. If muffin springs back to touch, it is baked. Remove from pan while warm.



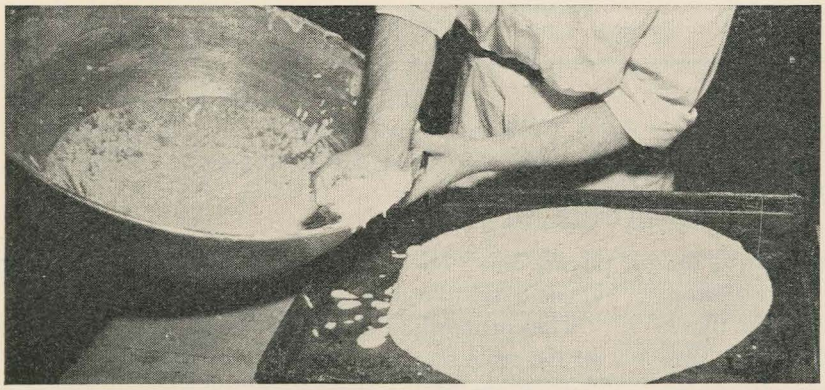
COMPLETED MUFFINS

CORN BREAD

★ **Use Corn Bread and Muffin Mix.**

MATERIALS AND TOOLS NEEDED:

Mix—corn muffin	Grease and brush
Sheet pans	Bowl knife



PANNING CORN BREAD

Corn bread can be panned in sheet pans as illustrated. See that pan is greased well and dusted lightly with flour.

SERVING CORN BREAD

Cut corn bread into square or oblong shapes.

Corn Bread and Corn Muffin Faults and Remedies

FAULT: PRODUCT IS TOO HEAVY

Cause: Not enough leavening in the mix.	**Explanation:** There is an inadequate supply of leavening needed to aerate the mix properly.	**Remedy:** Increase the amount of leavening.
Cause: Batter is too stiff.	**Explanation:** A dry batter does not expand and offers more resistance to the baking powder.	**Remedy:** Make the mix softer by increasing the liquid content.

FAULT: HIGH PEAKS ON MUFFINS

Cause: Too hot an oven.	**Explanation:** Heat causes a skin to form around the edges of the muffin. This crust prevents further expansion at edges and forces expansion in the center.	**Remedy:** Lower oven temperature.
Cause: Improperly greased pans.	**Explanation:** Pans greased only on the lower half cause rising mix to stick when it comes in contact with the ungreased portion. This prevents expansion at sides and forces center to peak.	**Remedy:** Grease pans thoroughly.
Cause: Stiff batter.	**Explanation:** Stiff mix doesn't spread as well as soft mix.	**Remedy:** Decrease the flour or increase the liquid content.

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Sweet Yeast Dough Products

Sweet yeast dough is used to make doughnuts, buns, coffee cake, sweet rolls and bottoms for apple and cherry cobbler cake. It is softer and richer than bread dough because of additional sugar, shortening and eggs. Due to its richness, it requires double the amount of yeast in bread dough to ferment properly.

It is advisable to use sweet dough on the "young" side—that is, under-fermented rather than over-fermented—as the latter increases acidity.

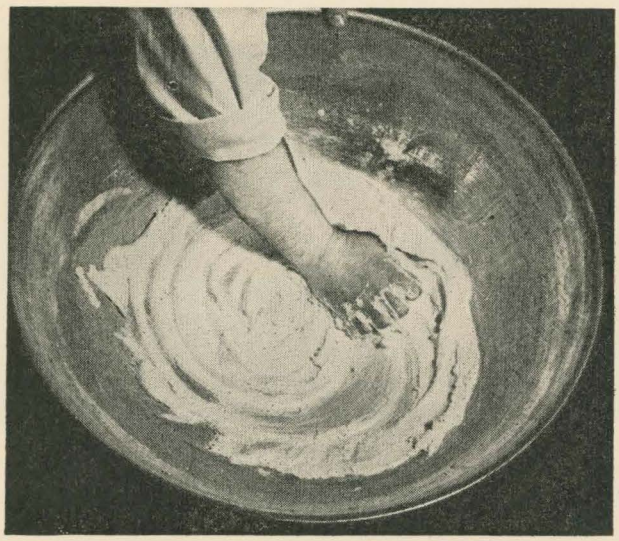
The increased amount of sugar necessitates sweet dough products being baked at a temperature lower than bread dough. Products can be tested to see if baked sufficiently by checking the bottoms, which should be brown.

SWEET YEAST DOUGH

YIELD: About 200 buns SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Salt	2 oz.	5 Tbsp.	Place in bowl and cream till light.
Sugar	1 lb., 12 oz.	3½ cups	
Shortening	1 lb., 8 oz.	3¼ cups	
Nutmeg	——	pinch	
Lemon extract	½ oz.	2 tsp.	
Eggs	1 lb.	2 cups	Add in 3 stages.
Water	3 lbs.	1½ qts.	Add evaporated milk together with 75% of the water to the above and stir slightly.
Milk, evaporated	1 lb.	½ qt.	
Yeast	6 oz.	1½ cups	Dissolve in remaining *lukewarm* water.
Flour	8 lbs.	7 qts.	Sift flour and add. Mix and develop dough till smooth.

Weight of Mix: 16 lbs., 12½ oz. Dough Temperature: 80° F. Baking Temperature: 400° F.



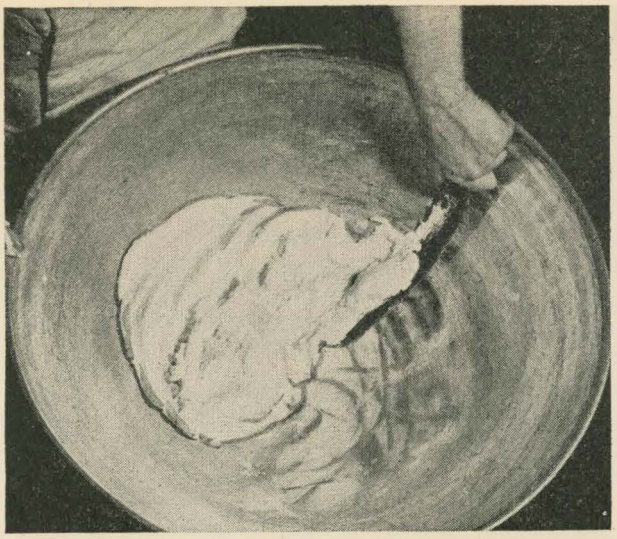
Basic Steps in Preparation

STEP 1. CREAMING

Place salt, sugar, shortening, evaporated milk, nutmeg and flavor in a mixing bowl and cream them. In creaming, rotate the palm and fingers of the hand around the bowl. This incorporates air into the mix, making it light.

STEP 2. ADDING EGGS

Add eggs (which should be at room temperature, 70° F.) in three stages and cream in well after each stage. This incorporates additional air.



STEP 3. ADDING THE WATER

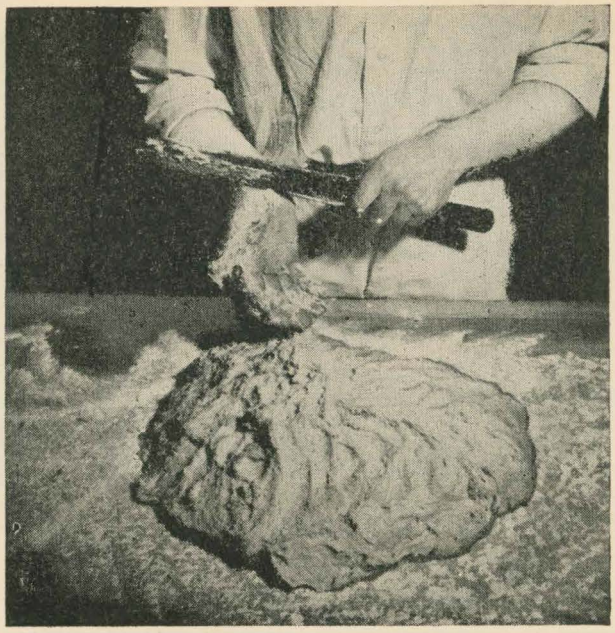
Scrape the bowl well with a bowl knife, placing all the mix in the center of the bowl. Add 75% of the water and stir slightly. Do not mix in well as the air already incorporated will escape. Break up yeast into small particles and add to the remaining water, which should be lukewarm.

STEP 4. POURING IN THE YEAST SOLUTION

Sift the flour into the mix. It is then stirred slightly, the yeast solution poured in and the dough mixed by the cutting process used in making bread dough.

STEP 5. DEVELOPING THE DOUGH

The dough (which is softer than bread dough) is developed till smooth and elastic as demonstrated above. With the fingers and palm of the hands facing the operator, the dough is scooped up and pulled over and over again till smooth and elastic. The developing time is shorter than that used in the making of bread.



STEP 6. CLEANING THE HANDS AND BOWL

Place the dough on a well-dusted bench. Remove dough sticking to the hands and bowl with a bowl knife. Round the dough and place in a well-greased bowl or trough.

STEP 7. BEGINNING OF FERMENTATION

Cover the dough, then hold in a warm place to ferment.

STEP 8. PUNCHING THE DOUGH

When the dough recedes to the touch, it is considered ready. Take it out and shape into oblong forms. It is then ready to be made up. Sweet yeast dough requires only one rising. Keep the dough on the young side.

STEP 9. QUICK-DOUGH FERMENTATION

If a quick fermentation is desired, the amount of yeast used is increased. Baking powder, when used together with yeast, will result in a quick dough. When using baking powder, add 2 ounces to every quart of liquid in addition to the standard amount of yeast used.

In fermenting the dough, cut the fermenting time in half and give the product three-quarters proof or less before baking. The baking powder will give it the added leavening needed.

SUGAR BUNS

★ Mix ingredients as directed in formula for Sweet Yeast Dough (page 222) and Basic Steps 1-9, (pages 222-223). Continue as follows:

MATERIALS AND TOOLS NEEDED:

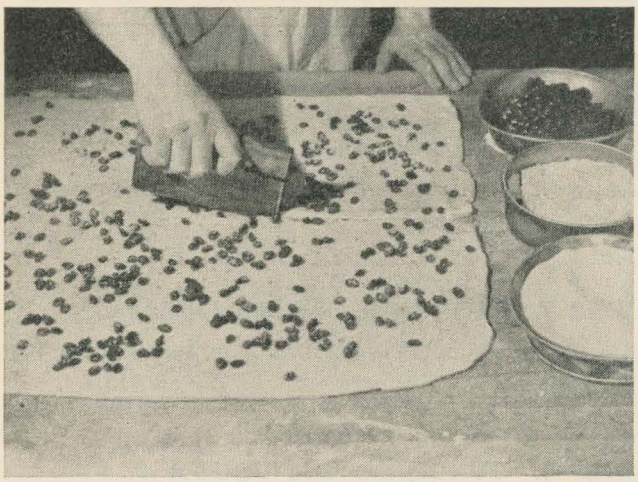
Dough—sweet yeast dough	Cinnamon sugar
Large rolling pin	Cake crumbs
Small rolling pin	Egg wash and brush
Bench brush	Scraper
Dusting flour	Greased sheet pans
Sugar glaze	Raisins
Oil and brush	Water icing

SHAPING THE DOUGH

Cut the dough and form into a rectangular shape. Allow to proof slightly.

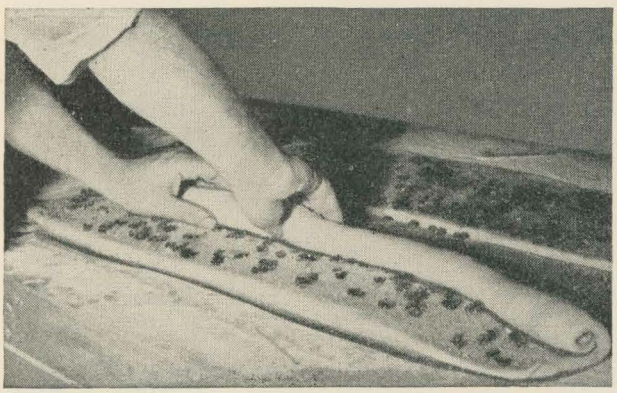
ROLLING OUT THE DOUGH

Roll the dough out two feet wide and about ¼ inch thick. The length depends upon weight of dough.



FILLING AND DIVIDING

Brush the dough with melted fat or oil and cover with raisins. Sprinkle with some cinnamon sugar and, if available, toasted cake crumbs. Then cut the dough in half, leaving two strips on the bench, each one foot wide and about ¼ inch thick.



ROLLING THE DOUGH

Roll the dough forward, making sure that it is rolled in snug and not loose. Seal it like bread.

CUTTING OUT SUGAR BUNS

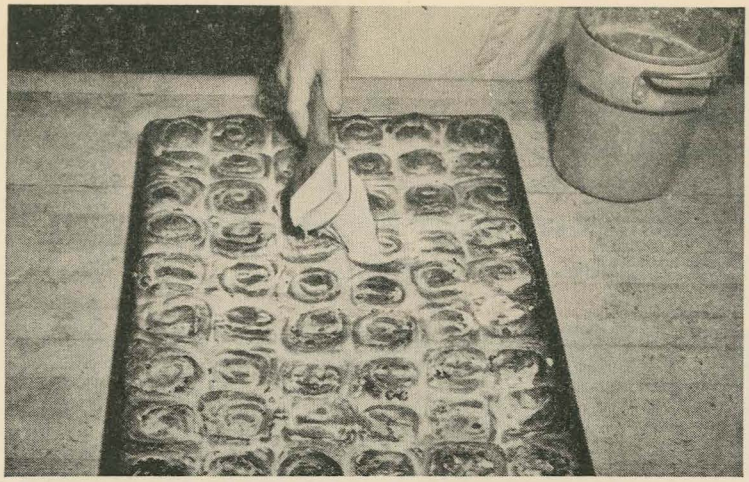
Turn the roll over so the seal is on the bottom. Brush lightly with oil or melted fat and divide into pieces weighing about 2 ounces with the aid of a scraper. The size of the bun is very important.

PANNING

Place the cut pieces neatly on a greased sheet pan about a half inch apart. Sixty buns are placed on a pan 18″ x 26″, 6 across and 10 down. Wash them with egg wash and allow to double in size.

BAKING

Bake at oven temperature of 400° F. Test to see if bun is baked well by lifting the bottom to make sure it has browned sufficiently.



FINISHING THE SUGAR BUNS

Brush the sugar buns with sugar syrup immediately after their removal from the oven, and while still warm brush again with water icing.

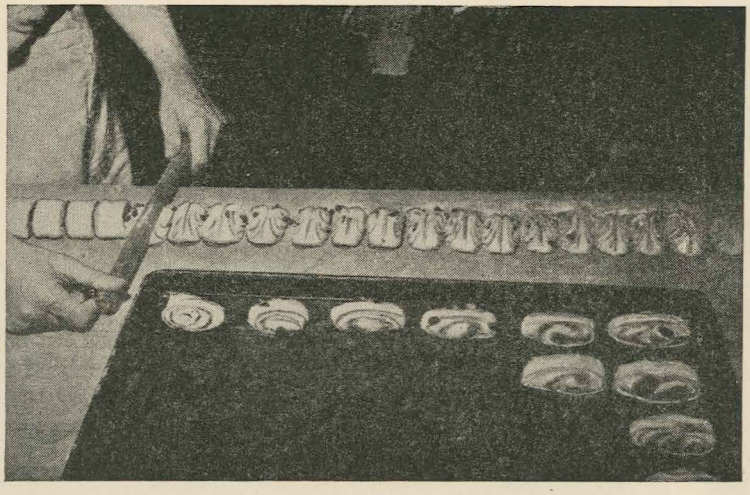
COMPLETED SUGAR BUNS

The illustration above shows the finished sugar buns, ready to serve.

BUTTERFLY BUNS

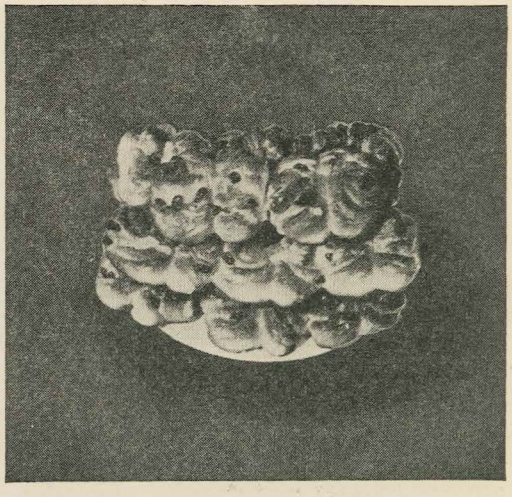
MATERIALS AND TOOLS NEEDED:
Same as for Sugar Buns

★ Mix ingredients as directed in formula for Sweet Yeast Dough (page 222) and Basic Steps 1-9, (pages 222-223). Continue as follows:



SHAPING A BUTTERFLY BUN

A butterfly bun is made in the same way as a sugar bun except you do not oil the top of the rolled strip. After the pieces have been cut, a small rolling pin is used to press down the center of the cut bun. Then wash the buns with egg and place on sheet pans —30 on a pan, 5 across and 6 down.



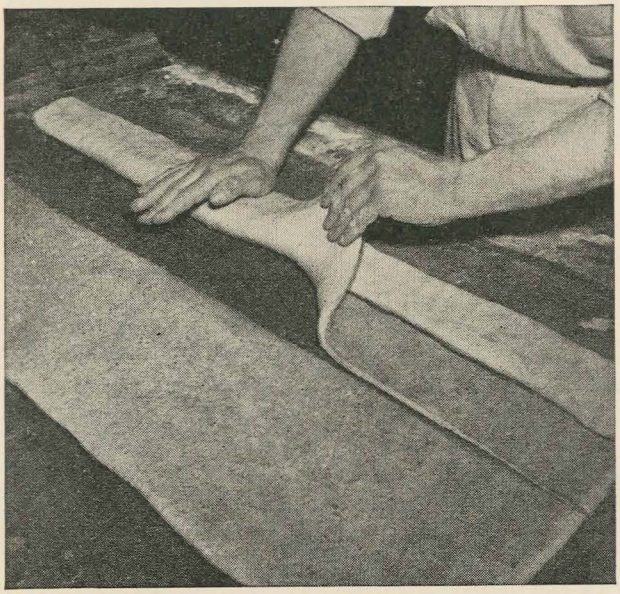
BAKED BUTTERFLY BUNS

Upon their removal from the oven, brush the buns with a sugar syrup, and while still warm ice them with water icing.

SUGAR TWISTS

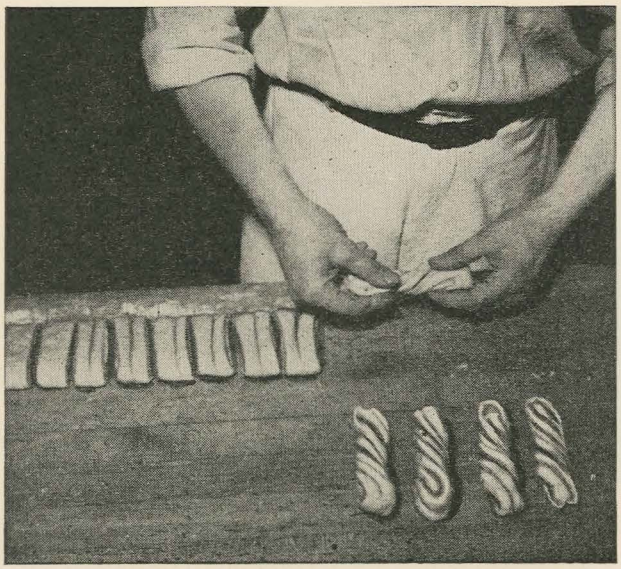
MATERIALS AND TOOLS NEEDED:
Same as for Sugar Buns

★ Mix ingredients as directed in formula for Sweet Yeast Dough (page 222), and Basic Steps 1-9, (pages 222-223). Continue as follows:



FOLDING THE DOUGH

Roll the dough as with sugar buns; wash with melted butter or oil; sprinkle with cinnamon sugar and cake crumbs and cut in half. Then fold in thirds as illustrated.

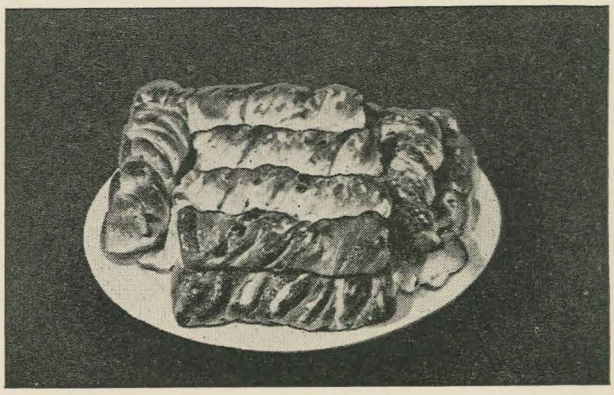


FORMING THE TWIST

The dough should be about four inches wide and one inch thick when cut. Cut through the center of each piece with a scraper, leaving a half-inch of the piece uncut. Twist as illustrated.

COMPLETING THE TWIST

The twist is completed by twisting the dough in one direction with the left hand and in the opposite direction with the right hand. Place twists on pans in four rows—eight twists to each row.



FINISHED TWIST

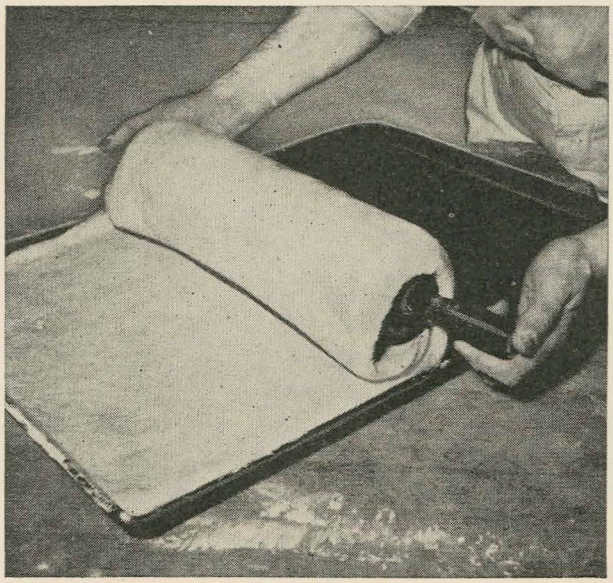
Wash the twists with egg wash; allow to proof, and bake at 400° F. to 425° F. for about 20 minutes. Then wash with sugar syrup and ice with water icing.

COFFEE BUNS

★ Mix ingredients as directed in formula for Sweet Yeast Dough (page 222) and Basic Steps 1-9, (pages 222-223). Continue as follows:

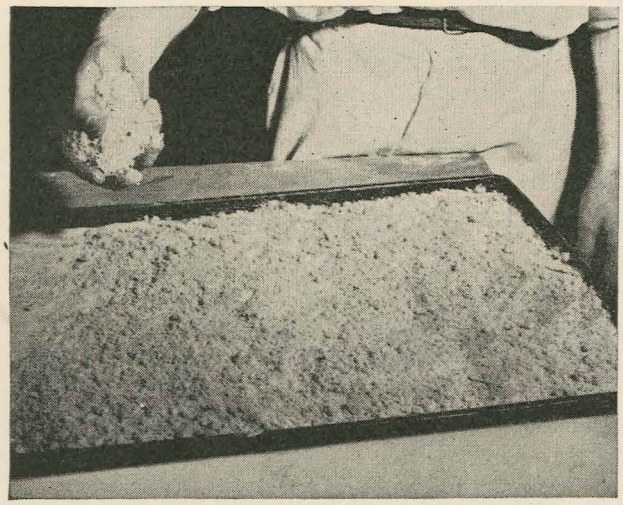
MATERIALS AND TOOLS NEEDED:

Dough—sweet yeast dough	Scale
Streusel	Scraper
Large rolling pin	Greased sheet pans
Bench brush	4X sugar
Dusting flour	



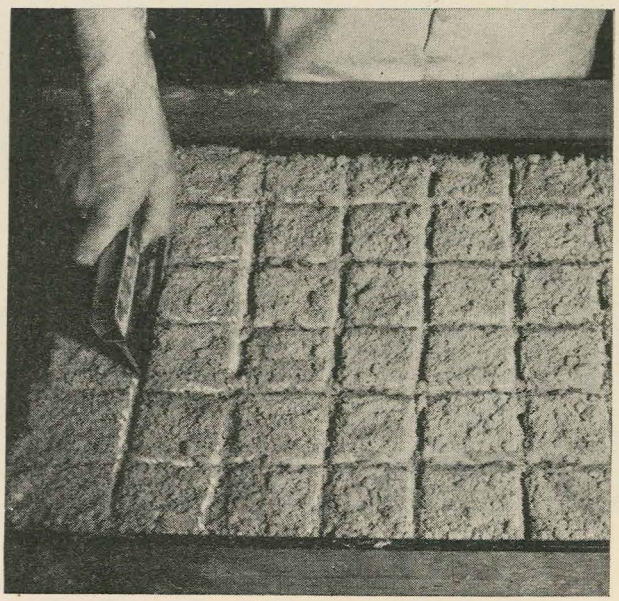
ROLLING THE DOUGH

Shape the dough (weighing approximately 4½ to 5 pounds) into an oblong shape and allow to rest. Then roll it out to the width and length of the pan. Place in the pan, a half-inch thick, as illustrated.



PUTTING ON THE TOPPING

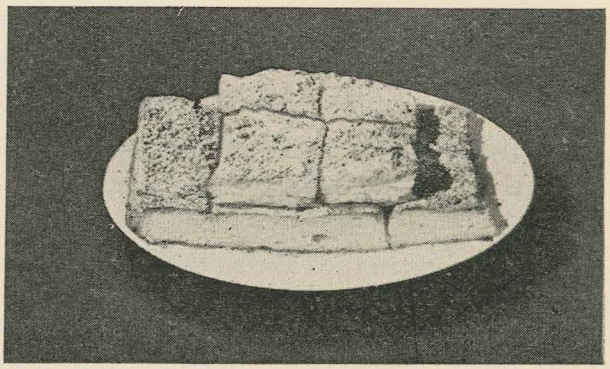
Brush the dough with oil or a melted fat and sprinkle the streusel topping over it generously. Be sure to cover all parts of the dough but be careful not to put on too much of the topping.



CUTTING THE BUNS

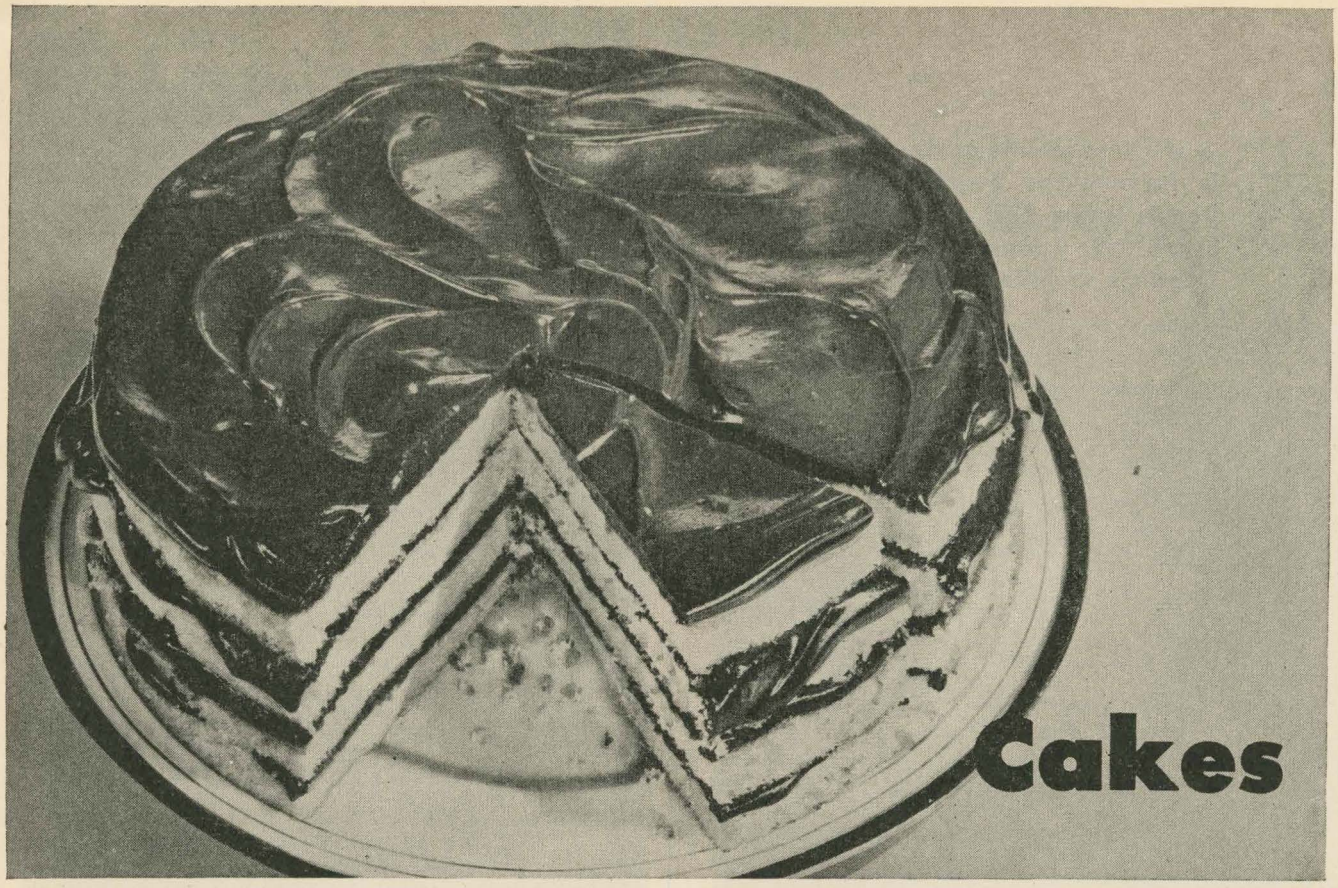
With the aid of a scraper, cut the dough into 48 pieces, six across and eight down, assuming that a pan 18″ x 26″ is being used.

BAKING: Let the buns proof and then bake at 400° F. to 425° F. until browned on both the top and bottom.



THE COMPLETED BUN

When cool, dust the bun carefully with 4X sugar, using a regular sieve.



Cakes

Cake is a baked batter made from sugar, eggs, shortening, milk, flour and chemical leavening mixed together in such a way as to produce a fluffy, fine-grained baked product. To make good cakes, it is necessary to know the action of ingredients.

Sugar: Sweetens cake and adds food value. Also the sharp corners of sugar crystals help cut air in batter during mixing period. Sugar makes batter soft, tenderizes the gluten in the flour, retains moisture in finished cake and helps give the crust a good color.

Shortening: Softens the gluten in the flour and has a tenderizing effect. It "holds" air during the creaming process (the texture of the finished cake depends to a great degree on the amount of air incorporated during the mixing). Shortening emulsifies the liquids, and adds to the cake's keeping qualities.

Eggs: Add moisture, color, food value. Eggs bind other ingredients together and have leavening value.

Milk: Controls consistency of batter; dissolves sugar; gives color to crust (because the milk's "lactose" caramelizes). Adds food value and flavor.

Flour: Gluten content of flour helps furnish cell structure. Because of the wheat starch in flour, it is desirable to use as little as possible in a cake.

Salt: Brings out other flavors.

Flavoring: Gives each type of cake its distinct "taste".

Factors Which Cause a Cake to Rise:

(a) A chemical leavening, such as baking powder, gives off carbon dioxide during baking. The eggs and the gluten developed in flour hold this gas and cause cake to rise.

(b) Air incorporated into batter through creaming or whipping becomes warm and expands.

BASIC YELLOW CAKE MIX

YIELD: Four sheets or 200 cup cakes SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	5 lbs.	2½ qts.	Cream with about 25% of the eggs until light.
Shortening	2 lbs., 8 oz.	1¼ qts.	
Salt	1½ oz.	3 Tbsp.	
Eggs (70° F.)	3 lbs.	1½ qts.	Add and cream in 3 stages.
Evaporated milk	2 lbs.	1 qt.	Add evaporated milk and flavor together with 75% of the water and stir slightly.
Water	2 lbs.	1 qt.	
Flavor to suit	2 oz.	4 Tbsp.	
Flour	4 lbs., 8 oz.	4 qts.	Blend, sift and mix. Add remaining water and mix till smooth.
Cornstarch	8 oz.	2 cups	
Baking Powder	4 oz.	⅔ cup	

Weight of Mix: 19 lbs., 15½ oz.
Oven Temperature: 380° F.

CHOCOLATE CAKE MIX

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
In addition to ingredients in Basic Yellow Cake Mix (above):			
Sugar	12 oz.	1½ cups	Blend together.
Cocoa	12 oz.	4½ cups	
Baking soda	1½ oz.	4 Tbsp.	
Water or milk	2 lbs.	1 qt.	Add to the above and mix to a paste. Add the paste to the above Basic Yellow Cake Mix, converting it to a chocolate cake.

CHOCOLATE CAKE VARIATION

Sugar, cocoa and baking soda are mixed with water to form a paste which, when added to a Basic Yellow Cake Mix, results in a chocolate cake.

The sugar is added to give it sweetness and tenderness; the cocoa to give it flavor and color; the baking soda to bring about a darker shade in the cocoa and for leavening. Cocoa is usually on the acid side and the alkalinity of the baking soda neutralizes it. Water is added to give it moistness.

ALTERNATE CHOCOLATE VARIATION

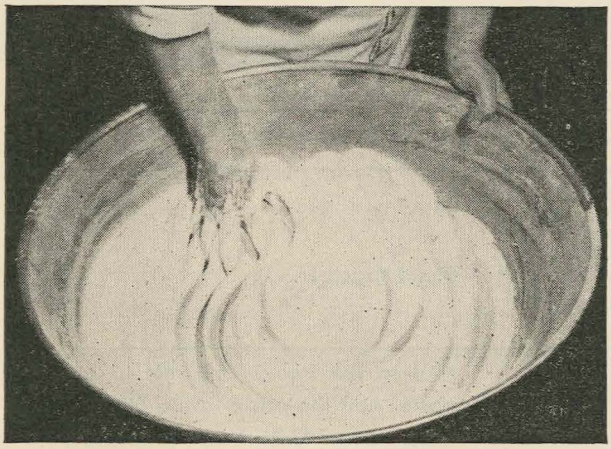
Merely substitute 5 or 6 ounces of cocoa for the same amount of flour used in the Basic Yellow Cake Mix. This will give fairly good results. Add more or less, depending on the desired darkness and flavor.

WINE CAKE MIX

YIELD: Four sheets or 200 cup cakes SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	4 lbs., 8 oz.	2¼ qts.	Cream well.
Shortening	3 lbs.	1½ qts.	
Salt	1 oz.	2½ Tbsp.	
Flavor, vanilla	2 oz.	3 Tbsp.	
Eggs	3 lbs.	1½ qts.	Add and cream in 3 stages.
Milk, evaporated	1 lb.	½ qt.	Blend together, add 75% of the liquid and stir slightly.
Water	2 lbs.	1 qt.	
Flour	6 lbs., 8 oz.	6 qts.	Blend, sift and mix. Add remaining milk and mix smooth.
Baking powder	4½ oz.	¾ cup	

Weight of Mix: 20 lbs., 7½ oz.

Basic Steps in Making Cake



STEP 1. MIXING

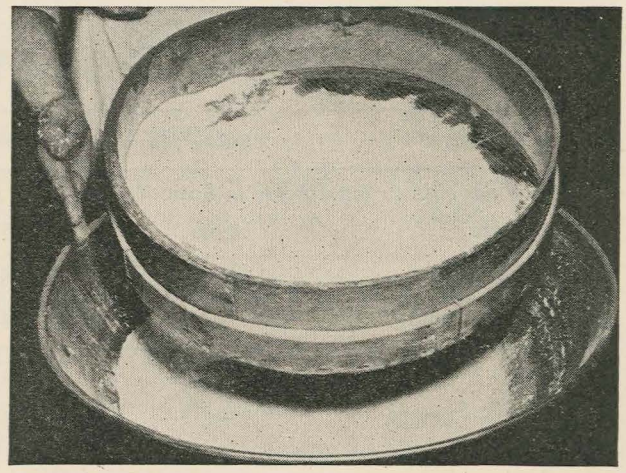
Salt, sugar, milk powder and shortening are creamed together until light. If preferred, a third of the eggs can be added here to make creaming easier.

STEP 2. ADDING EGGS

After above ingredients are well creamed, add the remainder of the eggs in two equal stages, mixing well after each stage to incorporate and trap the air. Eggs should be about 65° F. to 70° F. If eggs are too cold, mix will curdle; if too warm, mix will bind and product will be tough.

STEP 3. ADDING FLAVOR AND WATER

Add the flavor—also 75% of the milk water—at 70° F. Stir lightly into mix. Over-stirring will rupture air cells and make cake heavy.



STEP 4. ADDING BAKING POWDER, FLOUR AND CORNSTARCH

Sift well and add the baking powder, flour and cornstarch. Blend mix until smooth and mix in the remaining liquid. Over-mixing develops gluten and toughens cake.

The addition of cornstarch makes cake more tender, but an equal amount of flour can be used satisfactorily as a substitute.

STEP 5. GREASING PANS

As the mix is in a fluid state, the pans in which the cakes are to be baked must be greased well and evenly. Improper greasing will cause the cakes to stick to the pans. Pans should be dry and clean, then greased evenly and dusted lightly with flour. Dusting makes bottom of the cake greaseless and small-pored.

In baking sheet cake it is advisable to grease the sides of the pan well and then place a thin sheet of paper on the bottom, covering its entire surface. This not only saves grease and enables the cake to fall clean of the pan, but prevents the bottom of the cake from burning.

STEP 6. BAKING

Cakes are usually baked at about 380° F. for best results. Do not move cakes in the range if it can be avoided as this will cause the cake to fall. Do not jar the range in any way while cakes are in the oven chamber as this will also result in the cakes falling. To test if baked, press down lightly upon the center of the cake with the fingers. If the center is wet and soft, and leaves an imprint, the cake is not baked. If, however, the cake springs back to the touch, it is ready. Other ways to test are to:

1. Look at the edges of the cake. If the cake pulls itself away from the sides of the pan, it is considered baked.
2. Insert a clean thin piece of wood. If the stick is wet upon removal from the center of the cake, the cake is not sufficiently baked. If stick is dry the cake is considered baked. It is advisable to invert cup cakes while they are still warm, not hot. They will come out easier and leave fewer crumbs sticking to the side of the pan. Sheet cakes should be removed when cool. If the cake sticks to the side of the pan, merely run a bowl knife around it.

STEP 7. FINISHING

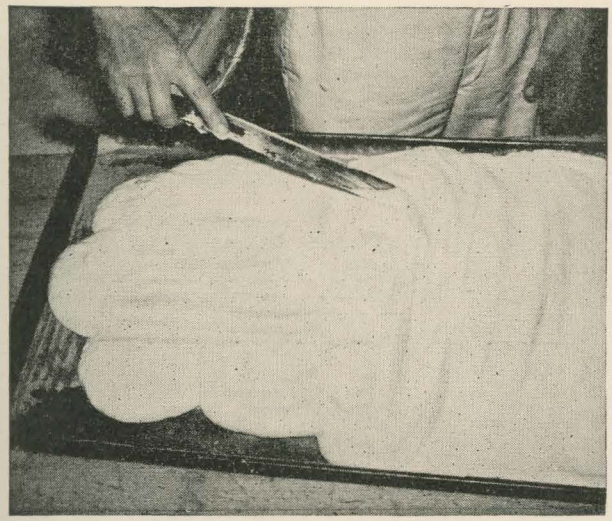
Ice or finish cakes when cool as the cakes are easier to handle and will not cause butter cream to run if applied. When iced and put away in the refrigerator, cakes can be kept from two to three days and then served.

★ ★ ★ ★

SHEET CAKE

MATERIALS AND TOOLS NEEDED:
Basic yellow cake mix.
Greased sheet pans with or without paper lining.
Bowl knife.

★ Use Basic Yellow Cake Mix formula (page 229). Mix ingredients as directed in Basic Steps 1-7, (pages 230-231). Continue as follows:

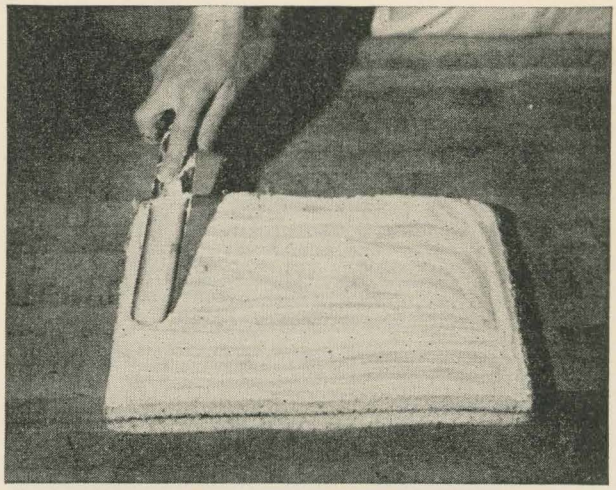


PANNING THE CAKE BATTER

Pour the batter into sheet pans which have been greased well and lined with paper or dusted with flour. Pour 5 to 6 pounds of cake mix into sheets.

SPREADING OUT THE CAKE BATTER

Spread the batter evenly throughout the entire pan. The cake is then baked at 380° F. If a hot bottom is usually found in the range, place the pan with the cake mix on another sheet pan to prevent it from burning on the bottom.



PUTTING THE CAKE TOGETHER AND ICING IT

Any type of jelly, jam, butter cream or icing can be used for filling between layers. The cake is then topped with a butter cream, fudge or icing.

CUP CAKES

MATERIALS AND TOOLS NEEDED:
Mix—basic yellow cake, sponge, chocolate or wine.
Muffin pans.
Grease and brush.

★ Use Basic Yellow, Sponge, Chocolate or Wine Cake Mix formula. Mix ingredients as directed in Basic Steps 1-7 (pages 230-231). Continue as follows to make desired type of cup cakes.

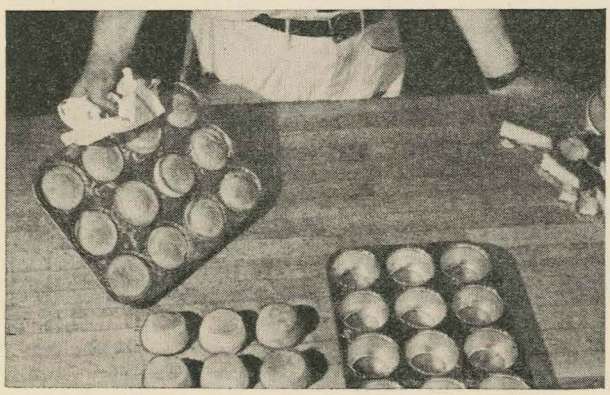
RAISIN CUP CAKES

FILLING THE CUPS

Grease the cup cake pans evenly and well. Put a few raisins on the bottom and drop the cake mix into the cups as shown above. One hand is cupped and almost filled with cake mix. The index finger of the other hand cuts off the amount of mix needed in each cup.

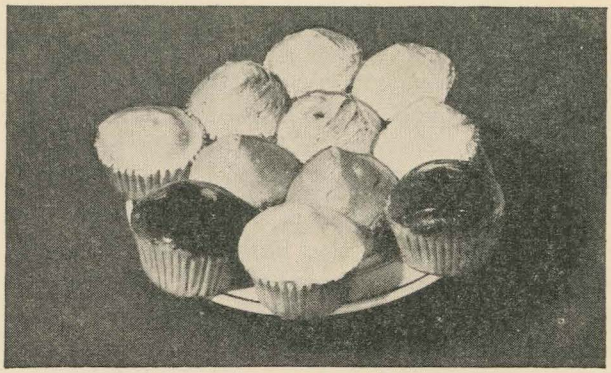
FILLED PANS

Fill the cups slightly more than half full so that when baked, the cup cake extends slightly above the top. The oven temperature should be 380° F.



THE BAKED RAISIN CUP CAKES

When the cakes are baked (when the cake springs back to the touch) turn the cups upside down. Remove the pan and while still warm clean the pan by wiping off any adhering cake crumbs.

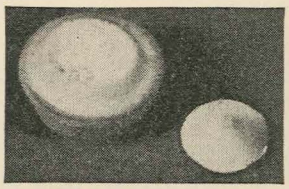


ICED CUP CAKES

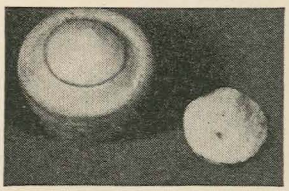
Make the same as raisin cup cakes but omit the raisins. When cool, ice with icing or butter cream.

MUSHROOM CUP CAKES

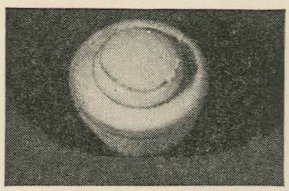
1. Cut out the center from the top of the cup cake.



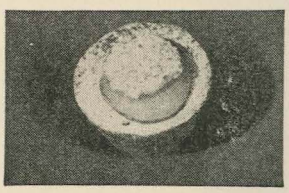
2. Fill with lemon filling or butter cream.



3. Place cut-out portion back on top.



4. Dust cup cake with 4X sugar.



BUTTERFLY CUP CAKES

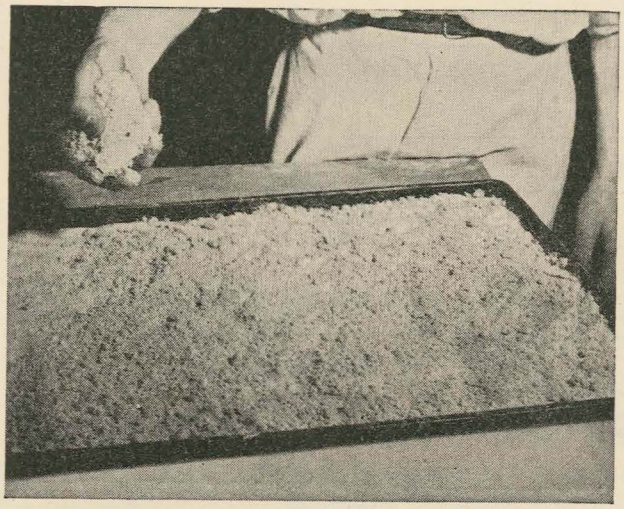
Cut the cup cake in the same manner as the mushroom-type cup cake. Fill the cup with filling. Cut the top piece in two and place over filling. Put a dot of butter cream on top and dust with 4X sugar.

COFFEE CAKE

★ Use Wine Cake Mix formula (page 230). Mix ingredients as directed in Basic Steps 1-7 (pages 230-231). Continue as follows:

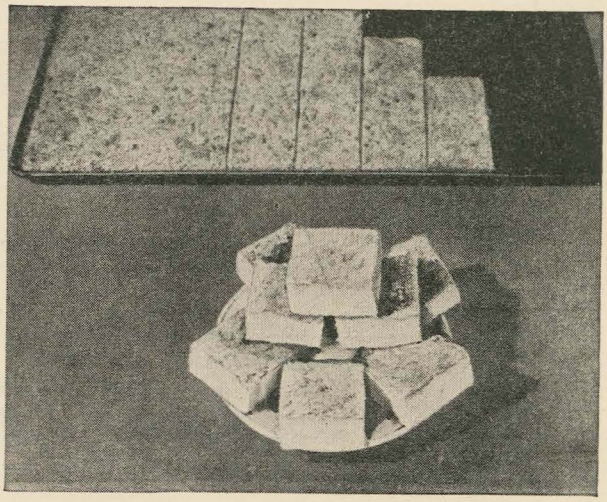
MATERIALS AND TOOLS NEEDED:

Wine cake mix	Greased sheet pans
Streusel	Bowl knife



TOPPING WITH STREUSEL

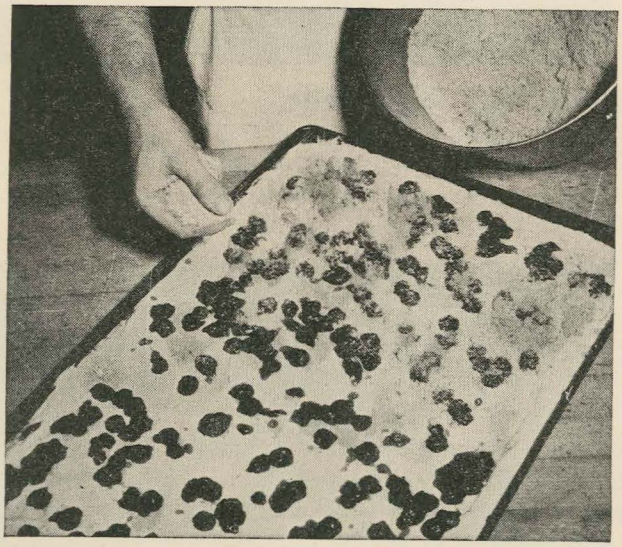
Sprinkle streusel topping evenly and generously over the entire surface of the cake. Do not put on too much or the cake will be heavy.



COFFEE CAKE

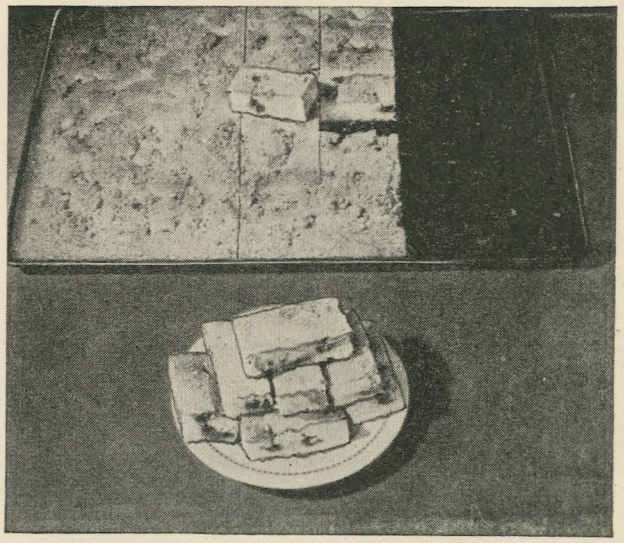
The coffee cake is cut up into any size or shape desired. 4X sugar can be sifted on if desired.

FRUIT TOPPED CAKE



TOPPING WITH COOKED FRUIT

Cooked pie filling—such as apple, cherry, pineapple, peach, apricot—can be sprinkled over the cake mix described above. Do not include the juice.



THE FINISHED CAKE

Sprinkle streusel topping on top of the fruit. Don't put too much on. The cake can be dusted with 4X sugar if desired.

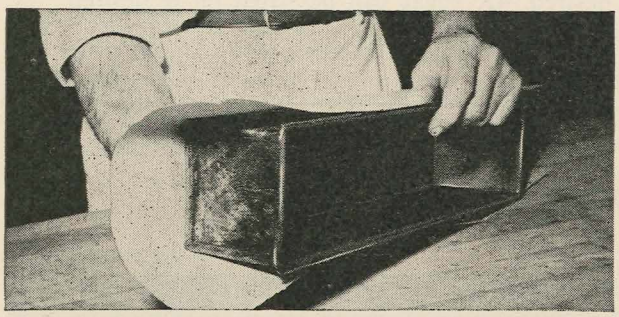
POUND OR FRUIT CAKE MIX

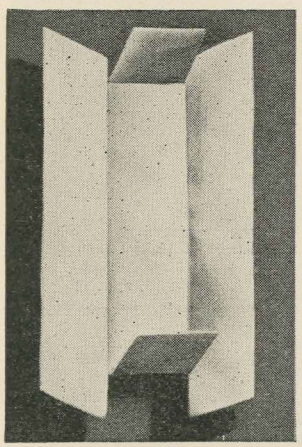
YIELD: About 100 slices SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	4 lbs.	2 qts.	Cream well.
Shortening	4 lbs.	2 qts.	
Salt	½ oz.	1 Tbsp.	
Cornstarch	8 oz.	2 cups	
Flavor to suit			
Eggs	3 lbs.	1½ qts.	Add and cream in 3 stages.
Milk, evaporated	1 lb.	½ qt.	Stir in slightly.
Flour	4 lbs., 4 oz.	4 qts.	Blend, add and mix in till smooth.
Baking powder	1 oz.	3 Tbsp.	

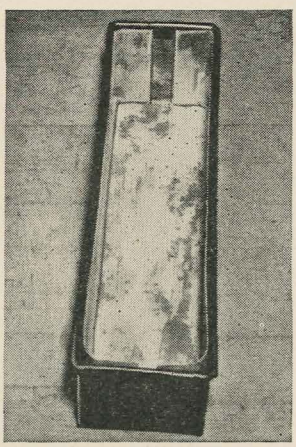
Weight of Mix: 16 lbs., 13½ oz. Oven Temperature: 350° F.

POUND OR FRUIT CAKE

★ Mix ingredients as directed in Basic Steps 1-7, (pages 230-231). For Fruit Cake add raisins, citron, cherries to Mix. Continue as follows:

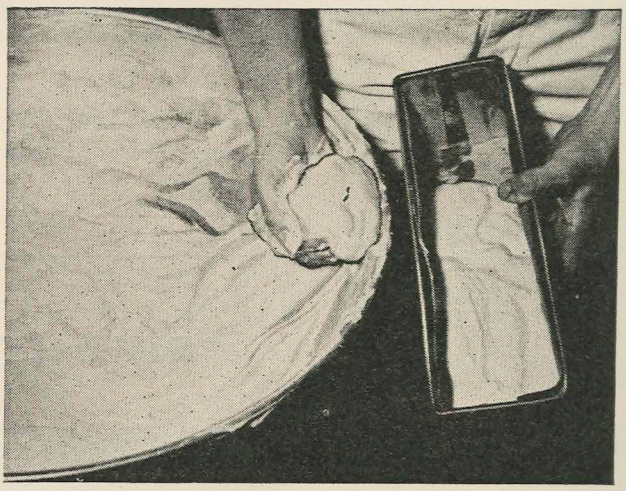






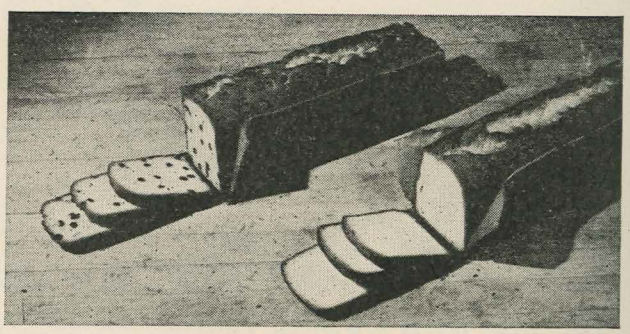
MAKING PAPER LINERS

Measure the paper to fit the pan as shown in top picture. Then fold and cut it with scissors or a knife until it looks like the above.



DROPPING IN THE MIX

Grease the Pullman pans lightly and line them. Drop the mix out, as shown above, by hand. Fill the pan to slightly more than half full.



THE FINISHED CAKE

Bake the cake at 325° F. to 350° F. about 1½ hours in a 16″ Pullman pan.

SPONGE CAKE MIX

YIELD: Four sheets SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	5 lbs.	2½ qts.	Place in a bowl. Place bowl in hot water bath and stir at about 90° F. till warm. Then whip lightly to a soft, wet peak.
Eggs	5 lbs.	2½ qts.	
Salt	1 oz.	2½ Tbsp.	
Water and milk, evaporated, half and half (175° F.)	1 lb.	½ qt.	Pour in, stirring slightly; then add flavor.
Lemon flavor	½ oz.	1½ Tbsp.	
Flour	4 lbs., 8 oz.	4 qts.	Blend together and sift. Mix in lightly by hand. Don't over-mix.
Cornstarch	8 oz.	2 cups	
Baking powder	2 oz.	5 Tbsp.	

Weight of Mix: 16 lbs., 3½ oz.

NOTES ON SPONGE CAKE

All equipment and tools used should be free of fat. Sugar, eggs, and salt are placed in a double boiler arrangement and heated to about 90° F. so they will whip up quickly and easily. Heated eggs are better able to retain air. Care should be taken not to overheat the eggs. Heat water or milk and add. These make the mix more fluid, causing it to spread easier. Also, the final product keeps fresh longer when they are added. Vary the type of flavor used to suit the taste. Blend the flour, cornstarch and baking powder before folding them lightly into the mixture. Bake the cake at 380° F. until done.

JELLY ROLL

MATERIALS AND TOOLS NEEDED:

Sponge cake mix	Jelly
Paper-lined sheet pan	Bowl knife
Grease and brush	4X Sugar or butter cream

★ **Use Formula for Sponge Cake Mix (above).**

SPREADING THE JELLY

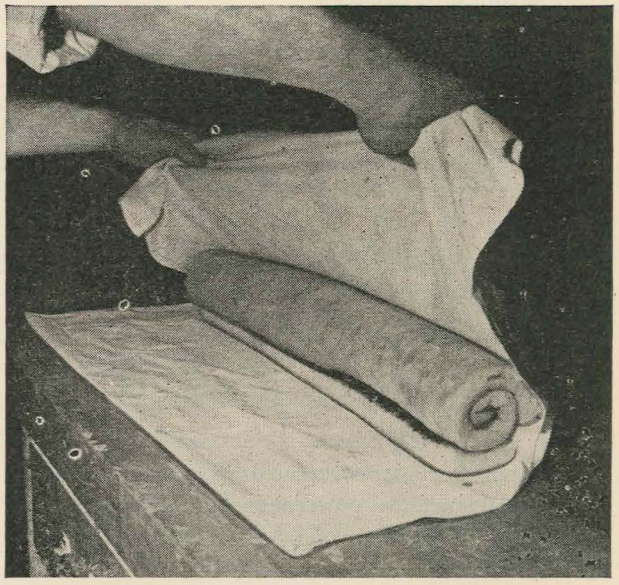
When the sponge sheet is removed from the oven, invert it upon a flour bag dusted lightly with flour. While still slightly warm, spread a *thin* layer of jelly over it. If necessary, thin the jelly with water. Lemon filling or butter cream can be used instead of jelly if desired.

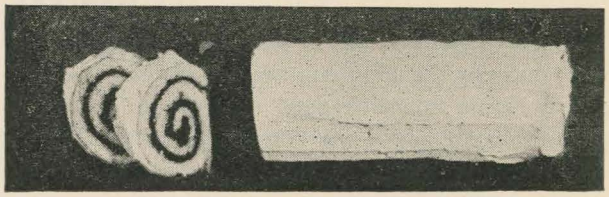
ROLLING THE SHEET

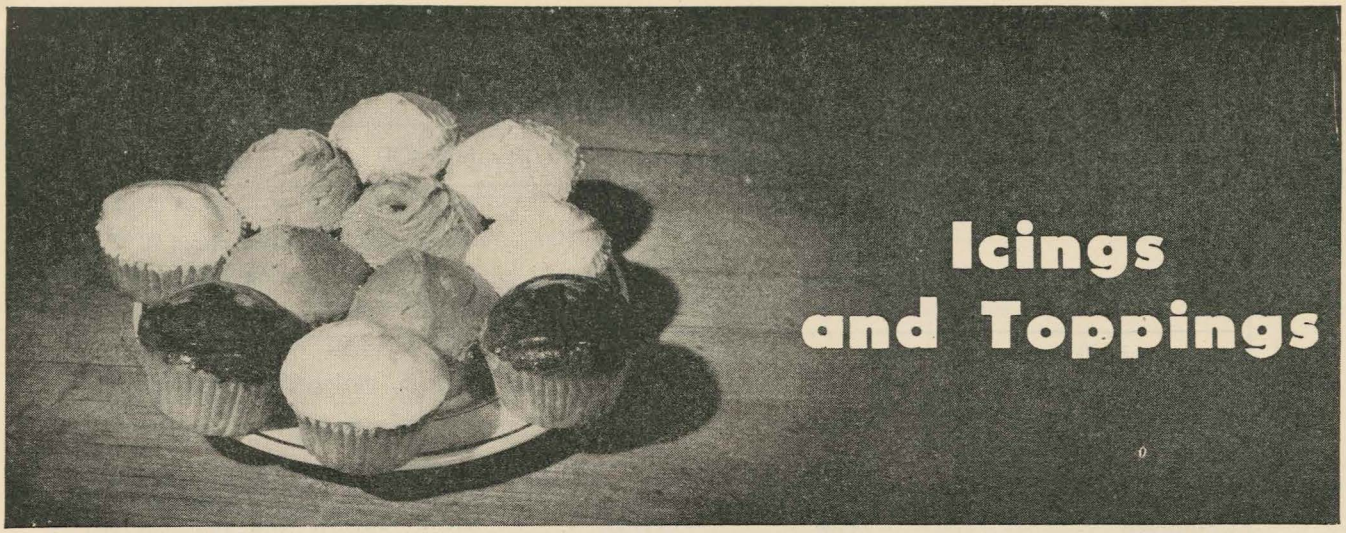
Curl the farthest ends inwards and press down with the palm of the hands. Grasp the floured cloth or bag firmly and pull forward as shown. Roll it up tightly, leaving the seam on the bottom.

THE COMPLETED ROLL

The roll can be left plain, dusted with 4X sugar or iced with a butter cream or fudge as desired.







Icings and Toppings

Well-prepared toppings and icings can do much to accent the flavor and add to the appearance of baked products. And they're easy to make, if you follow the simple instructions in this section.

Here are just a few things to keep in mind about cake icings: Be sure the cake is cold before you apply the frosting. If frosted while warm, cake becomes soggy and frosting will not stick. Lay the cake top-side up on a level surface. And be sure to brush all crumbs off surface of cake to insure a smooth iced surface.

STREUSEL TOPPING

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Brown or granulated sugar	1 lb.	2 cups	Place in a bowl and cream well.
Shortening	1 lb.	2 cups	
Salt	⅛ oz.	½ tsp.	
Cinnamon	¼ oz.	¾ Tbsp.	
Flour	2 lbs.	1¾ qts.	Sift, add and rub together till a crumbly mixture is obtained. NOTE: If the mix is floury add some vegetable oil and mix till lumpy.

Weight of Mix: 4 lbs., ½ oz.

USES:

1. To cover or top Sweet Yeast Dough in making coffee buns, and to top cakes, sheets, cups or pies. Put on before the products are baked.

STORAGE:

Streusel topping will keep in good condition for quite a while if kept in a covered container and put in a dry, cool place.

GENERAL INSTRUCTIONS

The standard streusel topping can be made to taste differently by the addition of either macaroon, cocoanut or some finely chopped nut meats. To get an almond flavor add some Almond Paste or Almond Extract in the creaming stage. Toasted cake crumbs may be substituted for part of the flour that is used.

Although 4X sugar is ordinarily used in dusting streusel cake or butter topped cake, a thin water icing may be used for variety. Or you may dot the dough with butter and sprinkle cinnamon sugar on top.

CHOCOLATE FUDGE ICING

Covers the top of 4 sheet cakes			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
4X Sugar	5 lbs.	3¾ qts.	Sift sugar and cocoa together. Place in a pot; add milk and butter and mix till smooth.
Cocoa, sifted	8 oz.	2½ cups	
Milk, evaporated	1 lb., 4 oz.	2½ cups	
Butter, melted	10 oz.	1¼ cups	

Weight of Mix: 7 lbs., 6 oz.

BUTTER CREAM ICING

With 4X Sugar Covers the top of 4 sheet cakes			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
4X Sugar	3 lbs., 8 oz.	2¾ qts.	Cream well with wooden spoon.
Shortening	1 lb., 8 oz.	3 cups	
Butter	1 lb.	2 cups	
Vanilla	1 oz.	2 Tbsp.	
Eggs	8 oz.	1 cup	Add gradually and cream.
Water, warm or Milk, evaporated	8 oz.	1 cup	Whip in with a wire whip.

Weight of Mix: 7 lbs., 1 oz.

BUTTER CREAM

Without 4X Sugar			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar, granulated	3 lbs.	1½ qts.	Place in a pot and bring to a boil. Allow to boil for one minute. Remove from the pot and cool.
Water	1 lb.	½ qt.	
Cream of tartar or Juice and peel of 1 lemon	¼ oz.	½ Tbsp.	
Butter	1 lb.	2¼ cups	Place in a bowl. Mix with a wooden spoon until well blended.
Shortening	1 lb., 8 oz.	3 cups	
Eggs or yolks	6 oz.	¾ cup	Add in two stages and cream in well.
Sugar syrup Flavor to suit			Add the cooled sugar syrup in 4 stages, using a wire whip. Beat till light and fluffy. Add flavor and stir in well.

Weight of Mix: 6 lbs., 14½ oz.

SUGAR SYRUP

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Water	2 lbs.	1 qt.	Place into a kettle and bring to boil. Take off fire immediately.
Granulated Sugar	4 lbs., 8 oz.	2¼ qts.	

Weight of Mix: 6 lbs., 8 oz.

USES:

1. To brush on buns upon removal from the oven in order to give them a glaze.
2. Used in place of water in the making of a quality water icing.

STORAGE:

Sugar syrup can be kept for a long period of time in a can or pail without spoiling. If the syrup has a tendency to crystallize, add some lemon rind when being boiled.

WATER ICING

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Water or sugar syrup	1 lb.	2 pts.	Place into a pot, mix to proper consistency. Sift sugar before mixing.
4X sugar	3½ lbs.	——	

NOTE: *If icing is soft, add more sugar; if stiff, add water or syrup. Flavor to taste; lemon, orange, vanilla or almond.*

USES:

1. On buns and cakes. Apply in warm state—about 90° F.
2. In making chocolate icing, simply sift cocoa powder and add enough to give the desired color and flavor.

STORAGE:

When not being used, scrape the sides of the utensil containing the icing and pour about a half-inch of water on the top. This will prevent the top of the icing from crusting. Pour off the water when ready to use. Keep icing at a cool temperature—65° F. to 70° F. if possible—as chocolate icing may ferment.

EGG WASH

In making egg wash it is necessary to know what type products are to be washed, as different products call for a different type wash.

For biscuits, buns and pies use: 75% egg, 25% milk and a pinch of salt.

For rolls use the following proportions: 90% egg, 10% water and a pinch of salt.

NOTE: *Stir wash well before using. Apply with a pastry brush lightly and evenly.* Do not *wash heavily, as the egg wash will cause the product to become soggy and tough.*

Brush off flour before applying wash. Wash yeast products before they have had three-quarter proof or they may be damaged in the washing process.

When not in use, place the wash in the refrigerator.

CINNAMON SUGAR

In making cinnamon sugar, taste is the all-determining factor. It is not necessary to scale off the cinnamon, but enough cinnamon is added to granulated sugar to give the desired color and flavor. One ounce of cinnamon will color 4 pounds of sugar.

NOTE: *In using cinnamon sugar for the making of buns, dry cake crumbs may be mixed in with it. Cinnamon sugar may be made up and stored in a dry container and kept for long periods. Cinnamon sugar is used not only in buns, but on crullers and doughnuts.*

VARIATIONS OF ICINGS

Numerous icing combinations and variations may be used for extra distinction and variety. *Study the basic method* of preparing each icing before you attempt these variations.

Water Icing made from 4X sugar and sugar syrup may be converted into a fudge or butter cream icing as follows:

Fudge Icing is stiff Water Icing with 10%–15% shortening or butter added.

Butter Cream Icing is stiff Water Icing with 50%–60% shortening or butter added.

Fruited Butter Cream Icings may be easily made by following the directions at right.

1. Using canned fruit, strain off the juices and chop fruit up fine. Add to regular Butter Cream Icing with additional amount of 4X sugar to give the desired stiffness. This fruit filling may be cooked as for pie and added to icing when cool.
2. Adding the grated rind of oranges or lemon gives both an orange shade and flavor to the icing. If a darker shade is desired the addition of egg yolk is recommended.
3. Any type of jam or marmalade may be used with good results.
4. If a dry type of icing is desired, add sufficient 4X sugar to stiffen.

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Cake Faults and Remedies

FAULT: CAKE IS HEAVY

Cause	Explanation	Remedy
Cause: Insufficient amount or poor quality baking powder in the mix.	Explanation: Not enough gassing power is put into the cake to cause it to rise sufficiently.	Remedy: Increase the amount of baking powder or secure a better quality powder.
Cause: Batter is too stiff.	Explanation: A stiff mix restricts the expansion of cake, offering more resistance to the leavening agent in the mix.	Remedy: Increase the liquid content; at the same time making an adjustment in the amount of leavening that is used.
Cause: Using a strong flour.	Explanation: As a strong flour tends to make the cake mix tough, the volume will be poor.	Remedy: Substitute cornstarch for about 10% of the flour.
Cause: Over-mixing of the mix after adding the flour.	Explanation: The gluten is over-developed, making the cake tough.	Remedy: Mix the batter till smooth; not any longer.
Cause: Batter is too soft.	Explanation: Due to flour's low absorption ability, the mix will naturally tend to be soft. When additional water is added to a mix without increasing the amount of leavening, the cake will be heavy.	Remedy: Increase the amount of leavening or decrease the amount of liquid.

FAULT: TOO MUCH VOLUME

Cause	Explanation	Remedy
Cause: Too much leavening.	Explanation: An over-supply of gas is released, causing an excessive number of large and irregular cells.	Remedy: Decrease the amount of leavening used.

FAULT: CAKE STICKS TO PAN

Cause	Explanation	Remedy
Cause: Pans are poorly or insufficiently greased.	Explanation: A cake mixture will stick to the pan if the pan is ungreased. If partly greased it will stick to those parts ungreased.	Remedy: Grease pans well and evenly before using.
Cause: Wet or washed pans are used.	Explanation: A wet pan will result in the cake sticking, as grease will not adhere to a wet surface. If pans were washed with hot water and dried, all fat would be removed, leaving the pan dry. This also causes the cake to stick.	Remedy: See that the pan is perfectly dry before greasing. If pans were washed, it is best to grease heavily and dust lightly with flour before filling with cake mix.

FAULT: CAKE FALLS DURING BAKING

Cause	Explanation	Remedy
Cause: Cake is jarred or moved while being baked.	Explanation: Jarring causes air cells to rupture within the cake, making it fall or sag.	Remedy: Avoid jarring or moving the pan.
Cause: Too much leavening is used.	Explanation: Too much gas is released, causing the cake cells to stretch until thin. The thin cell walls then collapse and the cake falls.	Remedy: Decrease the amount of leavening used.

FAULT: FRUIT FALLS TO THE BOTTOM

Cause: Not enough flour is used.	**Explanation:** If a mix hasn't enough flour, the fruit will have a tendency to fall to the bottom because of its weight.	**Remedy:** Make the mix a little stiffer by adding some flour.

FAULT: CAKE CRACKS ON TOP

Cause: Oven is too hot.	**Explanation:** A crust is formed quickly on the edges of the cake. The center bakes last, with the result that it peaks and cracks in the center.	**Remedy:** Use a cooler oven.

FAULT: SPONGE CAKES ARE HEAVY

Cause: Eggs are not whipped enough.	**Explanation:** The major portion of the leavening in a sponge cake is brought about by the whipping of air into the egg and sugar mixture. The more air is whipped into it, the lighter the mix will become.	**Remedy:** Whip eggs just enough. Test by running a bowl knife through the mix. If the wake which follows the knife fills in rapidly, the eggs need to be whipped up longer. If it comes together slowly, they are considered ready.
Cause: Eggs are of poor quality.	**Explanation:** To retain air whipped into them, eggs must be of good quality.	**Remedy:** Nothing can be done unless eggs are of good quality to begin with.
Cause: Grease in the mixing bowl.	**Explanation:** If there is a small amount of fat in the mixing kettle, the egg mixture will not whip because the fat tends to break up the cell as quickly as it forms.	**Remedy:** Wash and strain all equipment in hot water.

FAULT: CAKES ARE TOUGH

Cause: The flour is overmixed.	**Explanation:** When moisture comes in contact with flour, gluten is formed. The more the flour is mixed, the greater is the development of gluten.	**Remedy:** Fold in the flour lightly until evenly blended.
Cause: Too much flour is used.	**Explanation:** Too much flour, especially if it is strong, will cause the mix to become stiff and dry.	**Remedy:** Put in less flour. When using a strong flour it is best to decrease the amount used.

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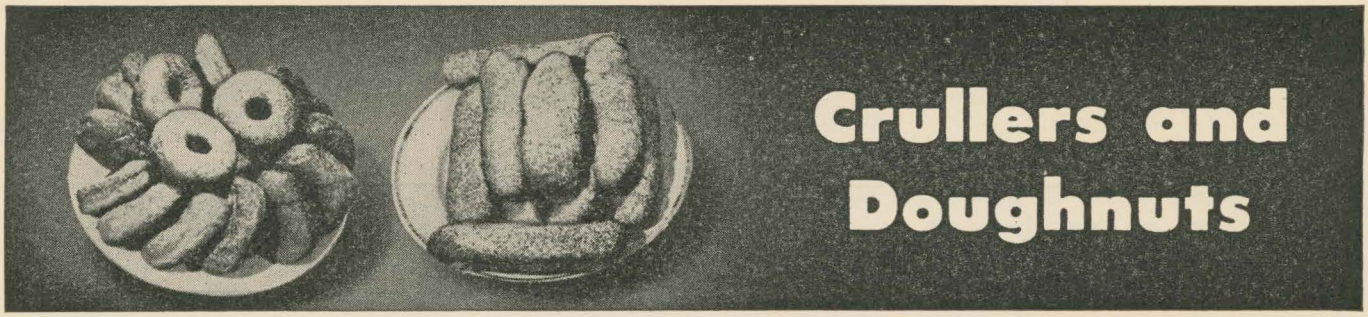


Crullers and Doughnuts

CRULLER DOUGH

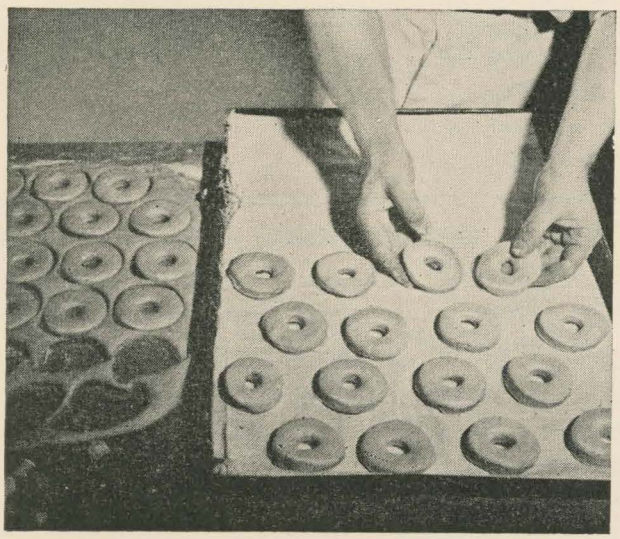
YIELD: About 200 crullers SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	1 lb., 12 oz.	3½ cups	Cream, using half the eggs. Then cream in other half.
Shortening	12 oz.	2 cups	
Salt	1 oz.	2½ Tbsp.	
Nutmeg	¼ oz.	1 tsp.	
Eggs	1 lb.	2 cups	
Vanilla	1 oz.	2 Tbsp.	
Milk, evaporated	1 lb.	½ qt.	Blend together and stir in.
Water	3 lbs.	1½ qts.	
Flour	7 lbs., 8 oz.	6½ qts.	Blend, sift and add. Mix the dough till smooth. Do not over-mix.
Baking powder	5½ oz.	¾ cups	

Weight of Mix: 15 lbs., 8 oz. Fat Temperature: 385° F.

RING DOUGHNUTS

★ **Use Formula for Cruller Dough (above), or for Sweet Yeast Dough (page 222)**



MATERIALS AND TOOLS NEEDED:

Sweet yeast or cruller dough	Doughnut cutter
Doughnut kettle and fat	Dusting flour
Large rolling pin	Sheet pans
Floured cloths	Cinnamon sugar
Bench brush	or 4X sugar

CUTTING OUT

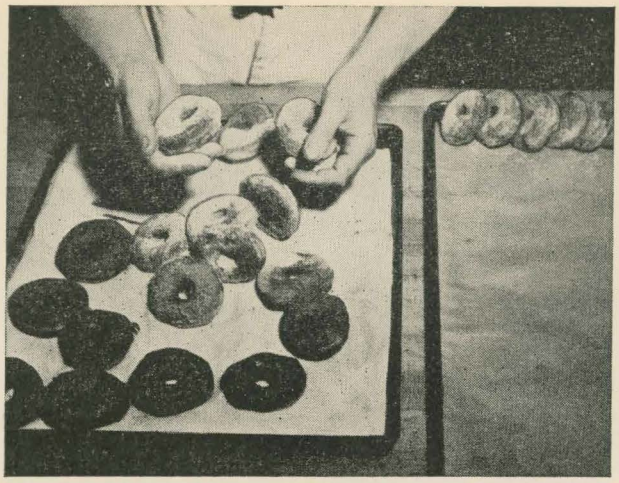
Roll the dough out evenly, slightly less than ½ inch thick, and cut with a ring doughnut cutter.

PANNING

Remove centers of the doughnuts and place the doughnuts about 1½" apart on a cloth dusted with flour, to proof.

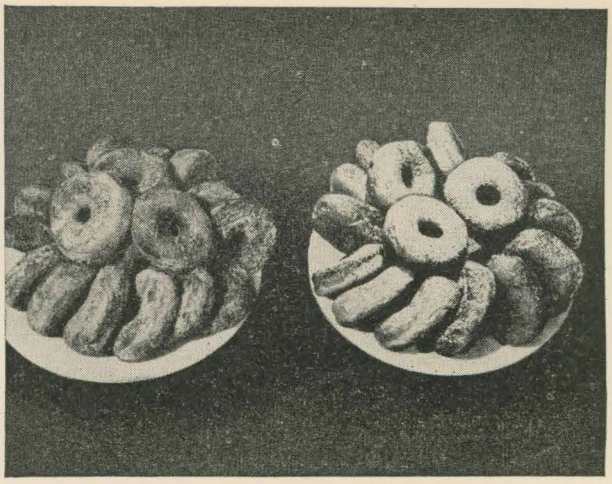
FRYING

Allow doughnuts to double in size. Fry in oil or fat having a temperature of 385° F.



FINISHING WITH CINNAMON SUGAR

Place doughnuts in cinnamon sugar while still warm so the sugar will stick to doughnut. Mix doughnuts in with sugar and place neatly on another pan.



4X SUGARED DOUGHNUTS

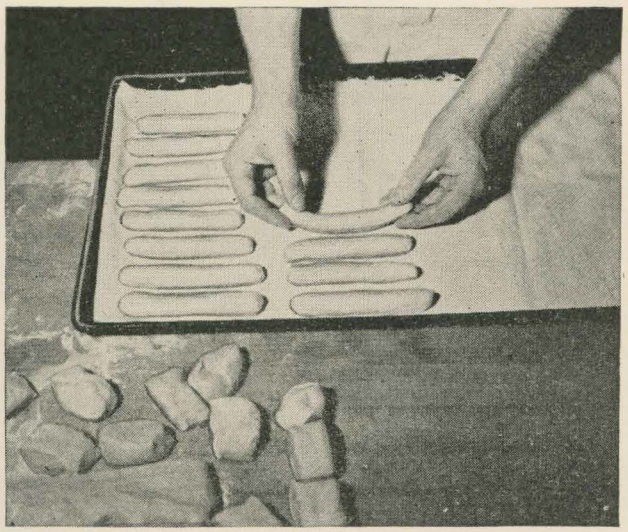
Allow doughnuts to cool and then place neatly on a sheet pan. Sift on 4X sugar with a small sieve.

CRULLERS

★ Use Formula for Cruller Dough (opposite page). Then proceed as follows:

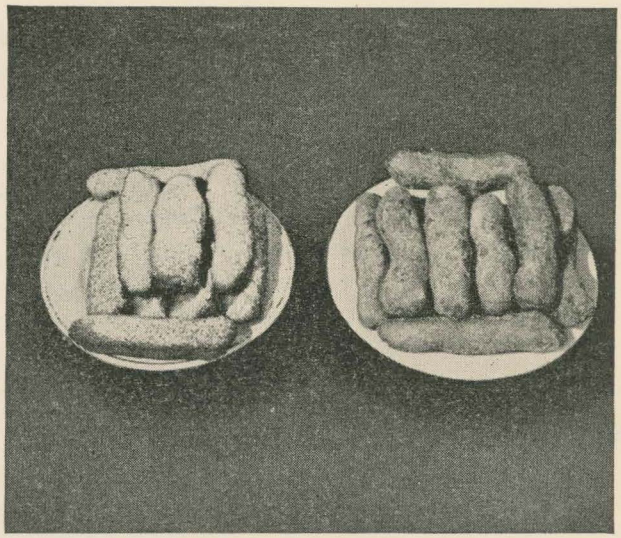
MATERIALS AND TOOLS NEEDED:

Mix—cruller	Dusting flour
Frying fat	Sheets covered with cloths
Turning stick	Cinnamon sugar or 4X
Scraper	Cloth pads
Bench brush	



SHAPING THE CRULLER STICKS

Cut out the dough in the same manner as used in the making of rolls—the pieces weighing approximately 1½ to 2 ounces. Round the pieces slightly; roll into strips about 4 inches long and place about a half-inch apart on a dusted cloth.



CRULLER STICK VARIATIONS

Crullers are treated in the same manner as ring doughnuts; either rolled in cinnamon sugar or dusted with 4X sugar. Ring crullers can be made from this dough. Use the same operations as in making ring doughnuts. This dough does not require proofing.

DOUGHNUT VARIATIONS

Doughnuts can be made up in various styles, of which the most popular are:

JELLY DOUGHNUTS

Jelly doughnuts are made by cutting sweet yeast dough into pieces weighing approximately 1½ ounces each. The pieces are then rounded and placed on dusted cloths similar to the treatment given ring doughnuts. When the pieces have doubled in size they are fried. After cooling, pierce them half-way through with a pointed stick and insert jelly by means of a paper cone. Butter cream, jam, lemon or cooked custard filling may be used instead of jelly if desired. Square jelly doughnuts may be made merely by rolling out a sheet of dough about a half-inch thick and cutting the dough into two-inch squares, then filling with jelly.

DOUGHNUT STICKS

These are made by rolling out two-ounce pieces of dough to about four inches in length. Allow them to double in size as you would ring doughnuts and then fry. Fill with any type filling desired as you would jelly doughnuts. The finished doughnuts may be rolled in cinnamon sugar or 4X; iced with water icing; or dusted lightly with 4X sugar. Although filled doughnuts are more difficult to make, the results more than make up for the extra effort.

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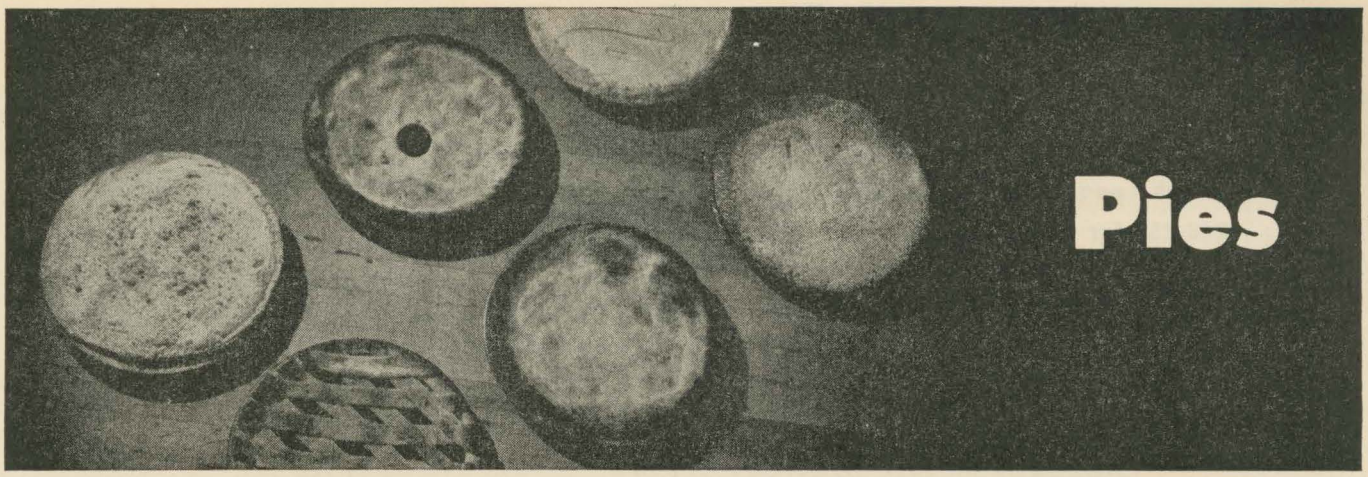
Cruller and Doughnut Faults and Remedies

FAULT: DOUGHNUTS ARE GREASY INSIDE

Cause: Frying fat is too cold.	**Explanation:** As a result of cold fat, the doughnut stands in the fat for a longer period of time, absorbing the fat. If the oil were hotter, a skin would form quickly on the exterior of the doughnut, preventing fat from being absorbed.	**Remedy:** Increase the temperature of the fat.

FAULT: DOUGHNUTS ARE HEAVY AND SMALL

Cause: Frying fat is too hot.	**Explanation:** Skin is formed around doughnut, restricting its expansion.	**Remedy:** Lower the temperature of the fat.
Cause: Insufficient proof.	**Explanation:** Cells formed are not large enough to result in the doughnut being light and porous.	**Remedy:** Allow for more proof.



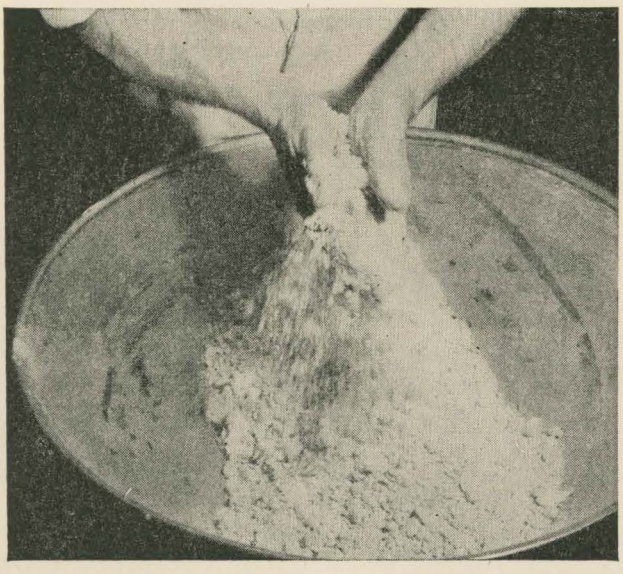
Pies

PIE CRUST DOUGH

YIELD: Seventeen 9-inch two-crusted pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Flour	6 lbs., 12 oz.	6 qts.	Sift flour into the bowl. Add shortening and break into small pieces the size of a pea.
Shortening	5 lbs., 4 oz.	2¾ qts.	
Water, cold	3 lbs.	1½ qts.	Dissolve salt and sugar in the water. Add to above, mixing lightly until blended. If mix is soft add flour. Place in the refrigerator.
Salt	3 oz.	7 Tbsp.	
Sugar	6 oz.	¾ cup	

Weight of Mix: 15 lbs., 9 oz.



MIXING

Sift flour into the bowl and add the shortening. Break up the shortening into small pieces the size of a pea, so that when the dough is rolled out a flake is formed—a layer of fat sandwiched between two layers of dough. Add the salt and sugar solution to the mixture of flour and shortening. Mix lightly until evenly blended.

REFRIGERATING DOUGH

Upon completion, the dough can be used immediately or placed in a refrigerator. It is much better to make a pie crust mix slightly on the soft side and refrigerate it for several hours before using.

A Two-Crust Pie

★ **Use formula for Pie Crust Dough (page 245). See pages 248-251 for Pie Fillings.**

MATERIALS AND TOOLS NEEDED:

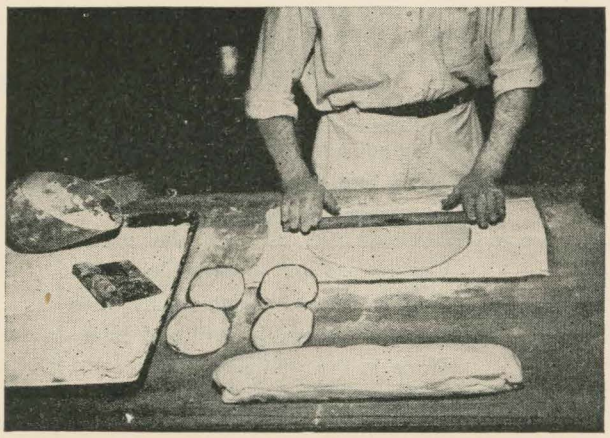
Dough—pie crust	Bench cloth
Filling	Pie plates
Egg wash and brush	Grease and brush
Pie rolling pin	Dusting flour
Scraper	Bench brush

CUTTING OUT THE DOUGH

Cut the dough into strips and roll out to about 3 inches in diameter.

DIVIDING THE DOUGH

Cut the strips into pieces weighing about 8 to 9 ounces. Turn the pieces on their sides, flatten and place to one side of the bench.



ROLLING OUT THE DOUGH

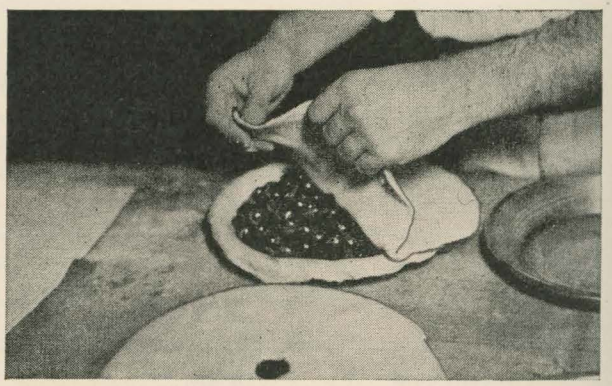
Dust the piece of dough lightly and roll out until slightly larger than the pie plate. It should be about three-sixteenths of an inch thick.

PLACING ON THE BOTTOM CRUST

Fold the rolled out dough in half and place on the pie tin, making sure there are no holes in the crust or air pockets trapped between the crust and the pie plate. The pie plate should be absolutely dry and slightly greased.

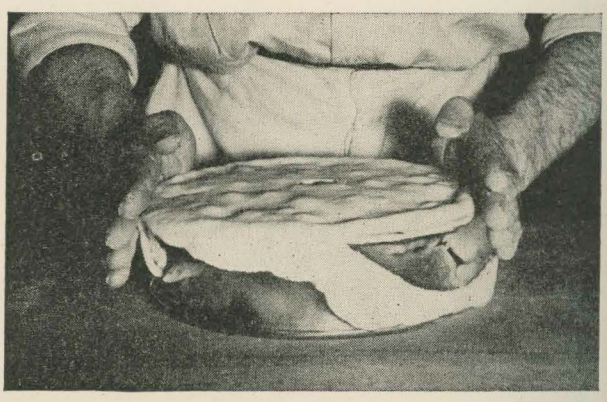
WASHING THE PIE RIM

Wash the rim of the pie with egg wash, milk or water, to insure the top crust sticking.



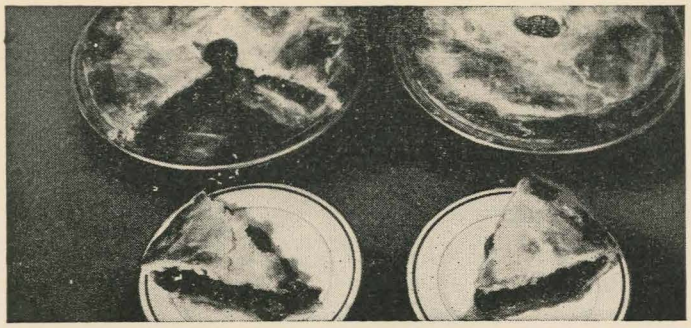
FILLING AND COVERING THE PIE

Place cooked pie filling in the pie after cooling. About two pounds of cooked filling is sufficient. After all the pies are filled, the top crust is put on top. Crust should have a hole in the center made by a small round cutter an inch in diameter. This hole allows the steam to escape during the baking process.



REMOVING EXCESS DOUGH

Place the pie on an inverted pie plate; remove flour from the bench and remove excess dough as illustrated. Pressing the palms of the hands against the sides of the pan causes the crust to be cut. The scrap dough should not be used for the top crust, but for the bottom crust.



THE FINISHED PIE

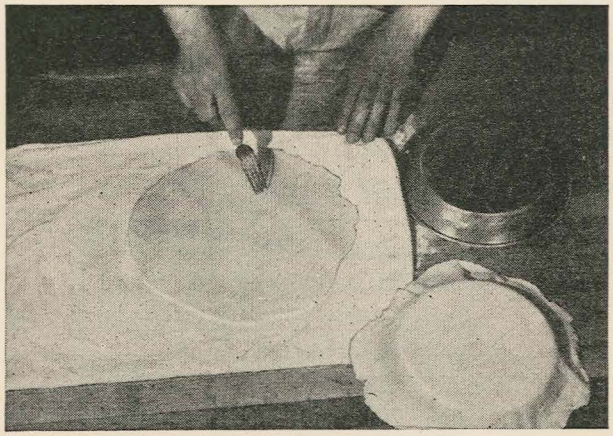
Remove any flour found on top of the crust with a brush. The top crust can be washed lightly and evenly with an egg wash, milk or melted butter. The pie is then baked at 450° F. until well-browned. To see if baked, hold the pie plate with a cloth and spin slightly. If the pie sticks, it is not considered baked. If desired the pie can be washed again with melted butter as soon as it comes from the range.

One-Crust Pie

★ Use Basic Formula for Pie Crust Dough (page 245). See pages 248-251 for Pie Fillings.

MATERIALS AND TOOLS NEEDED:

Dough—pie crust for shells	Pie plates
Filling	Dusting flour
Butter cream	Small rolling pin
Bench cloth	Grease and brush
Scraper	Bench brush

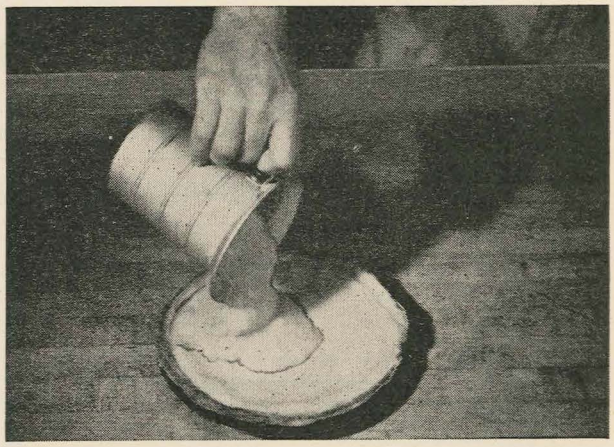


DOCKING THE DOUGH

Cut the dough and roll similar to making the two-crusted pie. Next, dock the dough with fork.

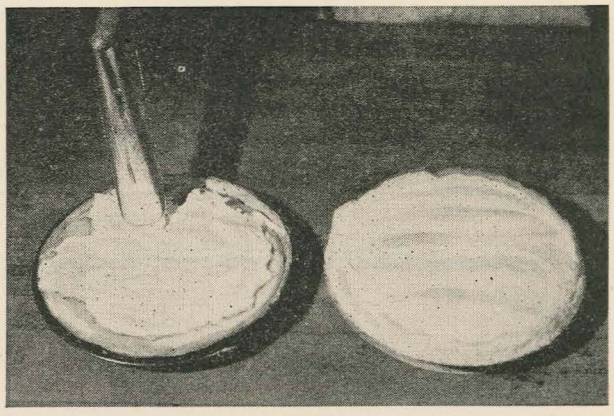
REMOVING EXCESS DOUGH

Remove excess dough by cutting off with scraper as illustrated. Bake in a hot oven 425° F. to 450° F. for about 10 minutes until brown. Cool before using.



FILLING THE SHELL

The cooked filling—custard, lemon or chocolate custard—is poured in and allowed to cool.



TOPPING THE PIE

Top pie with a thin layer of butter cream or meringue. Apply cream with a bowl knife and make smooth. Run in lines using tip of bowl knife.

PIE FILLINGS

General Information

1. In preparing canned pie filling remember that the fruit itself doesn't need cooking. It's the juice that must be thickened.
2. Only three ounces of cornstarch is needed to thicken one quart of juice. Acid fruit juices require four ounces. A quart of cherry juice, therefore, requires four ounces of starch, or one ounce per half-pint of juice.
3. Adjust both cornstarch and sugar according to the thickness or sweetness desired.
4. To cool pie filling, spread out on a clean sheet pan and place in the refrigerator.
5. The above information can be applied to *all* types of canned fruit—pineapple, peach, blueberry, etc.

COOKING:

Place the fruit juice and water in a kettle and bring to a boil. The purpose of bringing the liquid to a boil is to cause every granule of starch to rupture, absorb moisture and expand. The resulting gell will not develop unless the liquid boils.

When liquid is thick, add sugar and bring back to a boil. Then remove the kettle from the stove. Fold in the fruit gently with a long wooden spoon. Flavoring or spice can be added at this stage.

STORAGE:

Place the filling in a wooden container or crock and use when cool. Using a metal container will cause the filling to take on a metallic taste. Do not keep the filling for more than three days as it loses flavor and breaks down.

APPLE PIE FILLING—DRIED APPLES

YIELD: Seventeen 9-inch pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Dried apples	3 lbs., 12 oz.	—	Rinse apples with cold water, strain, place in a pail and add water. Keep apples submerged and let soak for 24 hours.
Water	18 lbs.	9 qts.	
Lemon juice and rind	—	4 lemons	Place apples, lemon juice and rind, salt and sugar into a kettle. Bring to boil and simmer for 20 minutes.
Salt	¼ oz.	½ Tbsp.	
Sugar	1 lb., 8 oz.	¾ qts.	
Water	12 oz.	1½ cups	Dissolve and stir into the above to thicken.
Starch	6 oz.	1¼ cups	
Sugar	1 lb., 8 oz.	¾ qts.	Blend, add to the above and stir. Place on pans to cool if to be used immediately.
Cinnamon	¾ oz.	1½ Tbsp.	
Nutmeg	pinch	—	
Butter	6 oz.	¾ cups	

Weight of Mix: 26 lbs., 5 oz.

★ **See instructions for a two-crust pie, page 246.**

APPLE PIE FILLING—CANNED

YIELD: Seventeen 9-inch pies SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Apples	19 lbs., 8 oz.	3 No. 10 cans	Drain off any liquid into a cooking kettle.
Water	5 lbs.	2½ qts.	Pour most of the water into the kettle and bring to a boil.
Cornstarch	9oz.	2 cups	Place in remaining water. Stir well, add to the boiling solution and cook until thick.
Sugar	5 lbs., 4 oz.	2¾ qts.	Add sugar, stirring constantly, and bring back to a boil. Remove the kettle from the fire and fold in apples carefully.
Cinnamon sugar	——	to suit	

Weight of Mix: 30 lbs., 5 oz.

★ **See instructions for a two-crust pie, page 246.**

CHERRY PIE FILLING—CANNED FRUIT

YIELD: Seventeen 9-inch pies SERVINGS: 100			
INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Cherries	19 lbs., 8 oz.	3 No. 10 Cans	Drain juice into a pot.
Cherry juice and water	6 lbs.	3 qts.	If less than 3 quarts of juice are obtained add enough water to make 3 quarts, pour most of the liquid into a cooking kettle, placing the remainder in a smal pot. Bring the liquid in the kettle to a boil.
Corn starch	12 oz.	2¼ cups	Stir into remaining liquid and add to kettle liquid. Cook until thick.
Sugar	6 lbs.	3 qts.	Add sugar, stir and bring back to a boil. Remove the kettle from the fire and fold in the fruit. Allow to cool before serving.

Weight of Mix: 32 lbs., 4 oz.

★ **See instructions for a two-crust pie, page 246.**

LEMON PIE FILLING

YIELD: Seventeen 9-inch pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Water	16 lbs.	8 qts.	Place 75% of the water into a clean cooking pot together with sugar and salt. Bring to a boil.
Sugar	6 lbs.	3 qts.	
Salt	¼ oz.	1 tsp.	
Cornstach	1 lb., 8 oz.	5 cups	Stir the cornstarch in the remaining water.
Eggs or yolks	3 lbs.	1½ qts.	Whip lightly, add to the starch solution and stir in well. Add to the boiling water slowly and stir well with a wire whip till thick and smooth.
Lemon juice	2 lbs.	1 qt.	Add juice and stir in well.
Butter	8 oz.	1 cup	Remove the kettle from the fire and add the butter. Mix till evenly blended. Pour immediately into pre-baked shells.

Weight of Mix: 29 lbs.

★ **See instructions for a one-crust pie, page 247.**

MERINGUE TOPPING

YIELD: Seventeen 9-inch pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	4 lbs.	2 qts.	Place the egg whites and 75% of the sugar in a clean kettle.
Egg Whites	4 lbs.	2 qts.	
Tapioca flour optional	4 oz.	¾ cups	Whip with a clean wire whip till firm, then stir in the remaining sugar till evenly blended. If tapioca flour is obtainable blend it with all the sugar.

Weight of Mix: 8 lbs., 4 oz.

★ **See instructions for a one-crust pie, page 247.**

CUSTARD CREAM FILLING

YIELD: Seventeen 9-inch pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Water	8 lbs.	4 qts.	Blend water and milk. Place 75% of the liquid into a clean pot together with the sugar and salt. Bring to a boil.
Milk, evaporated	8 lbs.	4 qts.	
Sugar	5 lbs.	2½ qts.	
Salt	½ oz.	1 Tbsp.	
Cornstarch	2lbs.	1½ qts.	Dissolve in the remaining liquid.
Eggs	3 lbs.	1½ qts.	Stir in the cornstarch solution and add to the boiling milk. Stir well with wire whip and cook till thick and smooth.
Butter	8 oz.	1 cup	Add to the above as soon as the pot is removed from the fire and mix in till evenly blended. It is now ready to be poured into prebaked pie shells.
Vanilla	2 oz.	5 Tbsp.	

Weight of Mix: 26 lbs., 10½ oz.

★ **See instructions for a one-crust pie, page 247.**

PUMPKIN PIE FILLING

YIELD: Seventeen 9-inch pies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Granulated sugar	5 lbs.	2½ qts.	Place in a mixing bowl and blend well.
Brown sugar	2 lbs.	4 cups	
Flour	12 oz.	3 cups	
Cinnamon	2 oz.	5 Tbsp.	
Nutmeg	1 oz.	2 Tbsp.	
Salt	2 oz.	5 Tbsp.	
Pumpkin	——	2 No. 10 cans	Add and mix into the above.
Eggs	2 lbs., 8 oz.	1¼ qts.	Add and stir in well.
Milk, evaporated	4 lbs.	2 qts.	Add to above and stir in well.
Water (75 F.)	9 lbs.	4½ qts.	

Weight of Mix: 36 lbs., 9 oz.

Oven Temperature: 425° F.

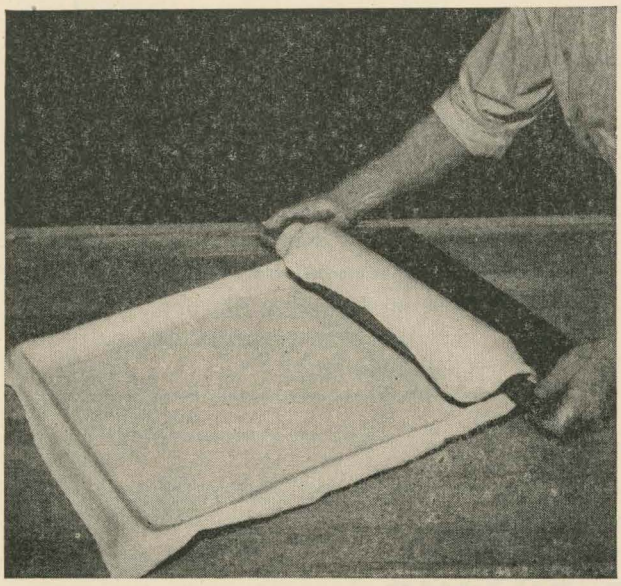
★ **See instructions for a one-crust pie, page 247.**

COBBLERS

★ **Use Formula for either Quick Biscuit Dough (page 216); Pie Crust Dough (page 245); or Sweet Yeast Dough (page 222). Then continue as follows:**

MATERIALS AND TOOLS NEEDED:

Dough—pie crust, sweet yeast or biscuit dough.
Apple, cherry or any other type of fruit pie filling.
Sheet pan
Grease and brush — Bench brush
Large rolling pin — Dusting flour
Egg wash — Cake crumbs—optional

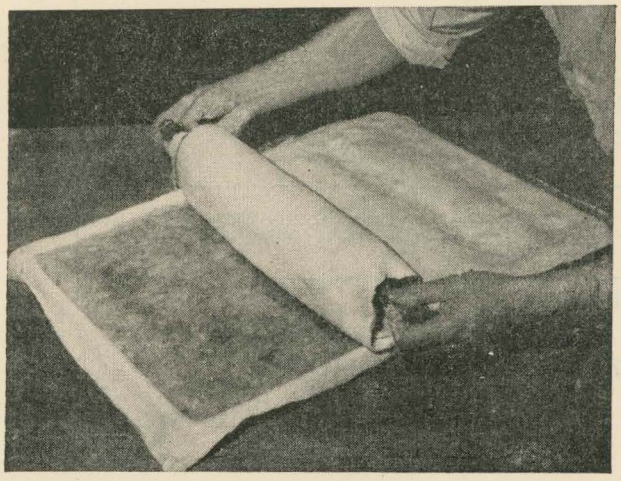


ROLLING OUT AND PANNING THE DOUGH

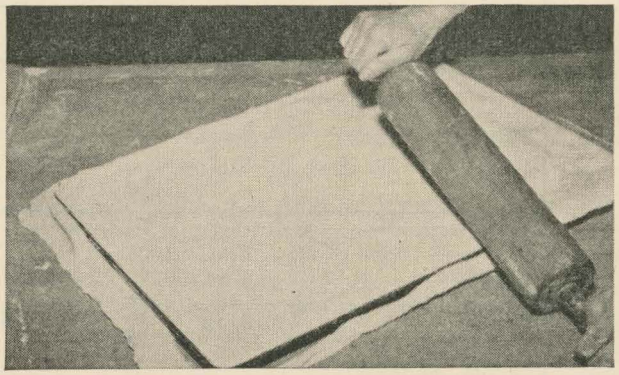
Roll the dough out slightly wider and longer than the pan. Keep slightly less than a quarter of an inch thick. Dough should weigh about 3½ to 4 pounds.

FILLING THE COBBLER

Sprinkle cake crumbs on the dough, if necessary, to absorb the excess juice. The pie filling is poured in so that it fills the pan coming almost up to the pan's rim.



COVERING THE COBBLER

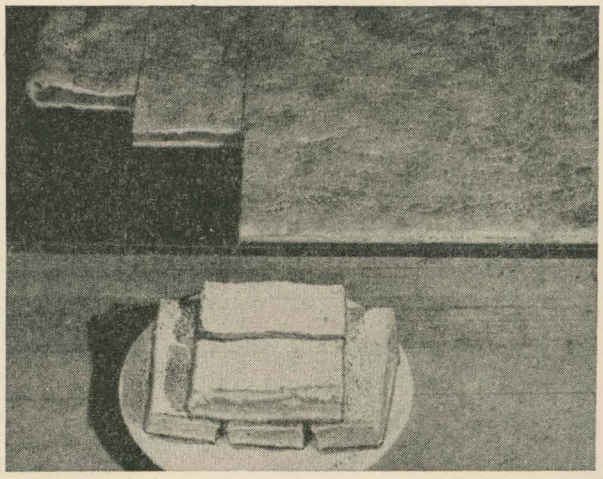


CUTTING OFF EXCESS DOUGH

The top crust, made from pie crust, should be thinner than the bottom crust. It is placed on in a similar manner as the bottom. The excess dough hanging over the sides is cut by rolling the pin firmly over the edge of the pan as illustrated.

STIPPLING AND WASHING THE COBBLER

The top crust is stippled with a short clean pointed stick or by means of a fork to allow steam to escape during the baking process. The cobbler top is then washed lightly with egg wash.



THE BAKED COBBLER

The cobbler is baked in an oven having a temperature of about 425° F. to 450° F. When thoroughly browned, it is removed and allowed to cool before being cut. Cobbler can be used to advantage as a substitute for pie.

Pie Faults and Remedies

FAULT: FILLING IS WATERY

Cause: Improper or insufficient cooking of filling.	**Explanation:** If the liquid is not brought to a boil and cooked well, the starch will not cause the liquid to gell. If starch is added to the liquid after the sugar has been added, the starch will not be thoroughly cooked and will cause the filling to water.	**Remedy:** Give more attention to cooking instructions.
Cause: Insufficient amount of, or poor quality of starch.	**Explanation:** Different types of pie fillings require different amounts of starch. The greater the amount used, the thicker the filling. If a poor quality of starch is being used, blend the starch with tapioca flour, 50% of each. Instead of using four ounces of starch use four ounces of the blend.	**Remedy:** Increase the amount of starch used.

FAULT: FILLING IS TOO STARCHY AND THICK

Cause: Excessive amount of cornstarch used.	**Explanation:** The juice would have thickened sufficiently with normal amount of starch required by the formula. Increasing the amount results in starchy taste and gives a whitish cast to the filling.	**Remedy:** Decrease the amount of starch used.

FAULT: FLAT TASTE

Cause: Poor quality of fruit.	**Explanation:** In the canning process fruit loses some of its natural and original delicious flavor. Some fruits are of poor quality and it is therefore necessary to bring out the flavors as much as possible.	**Remedy:** In apple filling, for example, it is common practice to add cinnamon or lemon juice to enhance the flavor of the apples. In cherry or peach filling, it is found that some lemon juice brings out the full flavor of the fruit. A pinch of salt will also aid in this respect.

FAULT: LEAKAGE OF PIES

Cause: Cool oven.	**Explanation:** When the filling stays in the oven too long it starts boiling and ruptures the crust.	**Remedy:** Hotter oven.
Cause: Improper sealing of crusts.	**Explanation:** Rims must be brushed with water, milk or egg wash to seal both crusts together.	**Remedy:** Wet rims and seal well.

FAULT: BOTTOM IS SOGGY

Cause: Cool oven bottom.	**Explanation:** If the pie crust is not sealed quickly by a hot oven the crust remains porous, allowing the hot filling to penetrate the crust.	**Remedy:** Hotter oven.
Cause: Watery filling.	**Explanation:** Bottom crust absorbs too much moisture from filling.	**Remedy:** Use a thicker filling or sprinkle bread or cake crumbs on the bottom.
Cause: No sugar in the dough.	**Explanation:** Sugar causes carmelization to take place quicker.	**Remedy:** Put sugar into the dough.

FAULT: DOUGH IS TOUGH

Cause: Over-worked dough.	**Explanation:** By over-working the dough, the gluten is developed causing the dough to become tough and rubbery.	**Remedy:** In making the dough, *do not over-mix.*
Cause: Using a strong flour.	**Explanation:** Strong flour has a high protein content which causes a tough crust unless adjustments are made in the formula.	**Remedy:** If no other flour is available, use about 15% cornstarch in place of flour, or increase the amount of shortening.

FAULT: DOUGH IS STIFF

Cause: Insufficient water in the mix.	**Explanation:** The flour absorption may be high.	**Remedy:** Add sufficient water to make a dough of proper consistency or decrease the amount of flour.

★ ★ ★ ★ ★ ★

POINTS TO BE REMEMBERED IN MAKING PIES

1. Use flour sparingly as too much will toughen the dough in the make-up operation.
2. Roll dough out on a dusted canvas cloth or on a well-dusted flour bag.
3. Do not work dough unnecessarily and do not over-handle.
4. Be sure dough is cut to correct size for pie tins.
5. Make bottom shells slightly thicker than the top cover on two-crust pies.
6. Use left-over or scrap dough for pie bottoms.
7. Brush the rim of the bottom crust with water, milk or egg wash before laying top cover to insure proper sealing of crust.
8. Wash tops of pies *lightly* and *evenly* with a wash composed of 50% milk and eggs or with melted butter.
9. Use a hot oven for covered pies—about 450° F.
10. Shift pies in the range to insure a well-baked bottom.
11. Watch oven temperature as pies start leaking or running in the oven when it is cold.
12. Place cake or toasted bread crumbs on the bottom shell before the fruit is poured in, to absorb any excess juice given off by the fruit. This aids in securing a well-baked bottom.

Cookies

SUGAR OR LEMON COOKIE DOUGH

YIELD: About 225 cookies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	5 lbs.	2½ qts.	Cream well.
Shortening	3 lbs.	1½ qts.	
Salt	¾ oz.	2 Tbsp.	
Vanilla or Lemon	2 oz.	4 Tbsp.	
Eggs	2 lbs.	1 qt.	Add in three stages.
Flour	4 lbs., 8 oz.	4 qts.	Blend and sift. Mix dough till smooth and evenly blended. Chill dough.
Cornstarch	8 oz.	2 cups	
Baking powder	4 oz.	⅔ cup	

Weight of Mix: 15 lbs., 6¾ oz. Oven temperature: 380° F. to 400° F.

CHOCOLATE SNAP DOUGH

YIELD: About 225 cookies SERVINGS: 100

INGREDIENTS	WEIGHTS	AMOUNTS	METHOD
Sugar	4 lbs., 8 oz.	2¼ qts.	Place 75% of the eggs together with all the dry ingredients and cream. Add remaining eggs and complete creaming.
Shortening	1 lb., 12 oz.	4 cups	
Salt	½ oz.	1 Tbsp.	
Vanilla	2 oz.	5 Tbsp.	
Baking soda	1 oz.	2½ Tbsp.	
Eggs	2 lbs.	1 qt.	
Flour	3 lbs., 8 oz.	3 qts.	Blend together and sift into the above. Mix dough till smooth. Place in refrigerator to chill.
Cornstarch	8 oz.	2 cups	
Baking powder	5 oz.	¾ cup	
Cocoa	1 lb.	1 qt.	

Weight of Mix: 13 lbs., 12½ oz. Oven temperature: 380° F. to 400° F.

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MIXING INGREDIENTS

Good cookies depend on properly mixed cookie doughs. Although ingredients are very easy to combine, cookie dough should not be over-mixed as it will become tough and will not "spread" properly during baking. On the other hand, under-mixing results in cookies spreading too much, and baking in distorted shapes.

Cookies spread more when quantities of sugar, moisture and soda are increased. To prevent too much spread when making bar-type cookies, add 4 to 6 ounces of flour during the original mixing period. Be sure to follow formulas accurately.

COOKIE PANS

Give particular attention to condition of pans before cookies are dropped on them. Bake cookies on pans which are:

1. Greased and floured for cookie doughs high in moisture.
2. Greased for average rich doughs.
3. Ungreased for doughs rich in shortening.

Cookies may stick when pans are:

1. Not clean.
2. Dry.
3. Not conditioned properly. New pans should be lightly greased and baked in a hot oven (450° F.) about four hours before using.
4. Not thoroughly greased.
5. Uneven on bottom. Heat from oven will not reach cookies evenly on battered, or bent pans.

TEMPERATURES

Most cookies are baked at temperatures between 375° F. and 400° F. Cookies should be baked at constant heat. Flash heat should be avoided. Double panning is often essential in ovens where bottom heat is excessive and cannot be easily controlled.

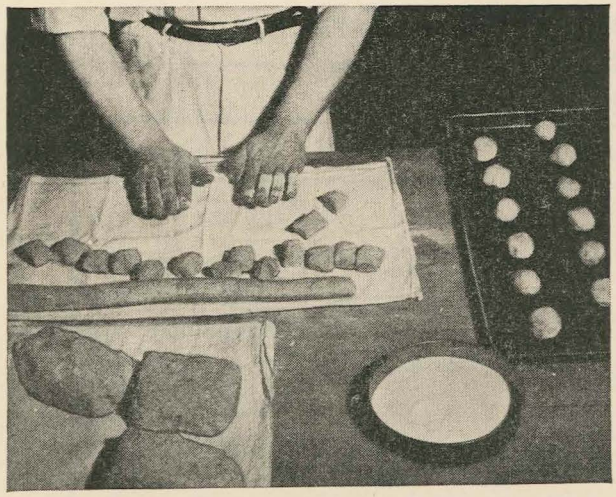
It is a good practice always to under-bake cookies slightly since there is enough heat in cookie pans to continue the baking process after cookies are removed from oven. Over-baking dries out cookies and impairs their good flavor.

ROUND COOKIES

★ Mix ingredients as directed in formula for Sugar or Lemon Cookie Dough or Chocolate Snap Dough (page 255). Continue as follows:

MATERIALS AND TOOLS NEEDED:

Cookie mix	Lightly greased sheets
Dusted canvas cloth	Dusting flour
Scraper	Bench brush
Granulated sugar in pan	Cookie cutter or glass
Cloth and water	



DIVIDING THE DOUGH

Cut out several pieces of cookie dough weighing approximately one pound. Roll them on a slightly dusted canvas cloth or towel to about 1¼" in diameter. With the aid of a scraper, cut pieces the size of a walnut or about one ounce in weight. If desired they can be rounded up and dipped in sugar.

PANNING AND FLATTENING

Place the cookies on a slightly greased pan, 6 down and 4 across. Flatten the cookies with a wet cloth wrapped over a glass, tin or weight. When the cloth is dry merely dip in a pan of shallow water. Flatten the cookies until about ¼" thick. Bake at 400° F. Do not over-bake.

BAR COOKIES

MATERIALS AND TOOLS NEEDED:

Cookie mix	Egg wash
Dusted canvas cloth	Lightly greased sheets
Scraper	Dusting flour
Bench brush	Scale
Water icing	Sharp knife

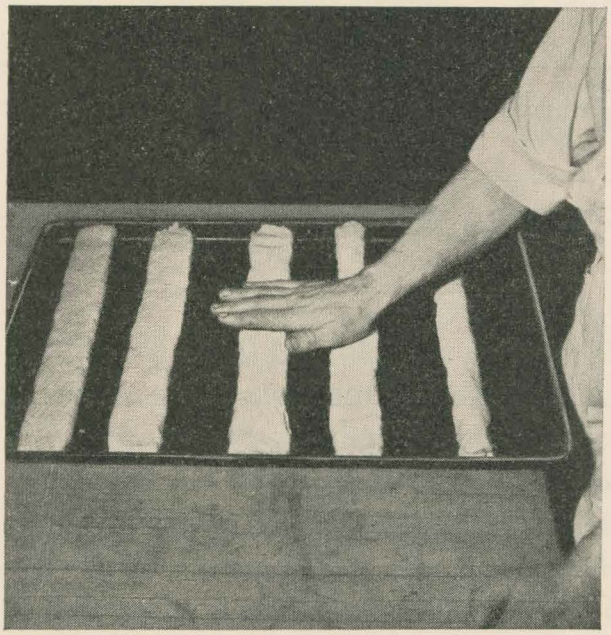
★ Mix ingredients as directed in formula for Sugar or Lemon Cookie Dough or Chocolate Snap Dough (page 255). Continue as follows:

FORMING THE DOUGH STRIP FOR BARS

Cut out pieces about 1½ pounds in weight and roll out to the length of the pan on a canvas cloth which has been dusted with flour. If putting the dough across the width of the pan, 10 ounces of dough is sufficient.

PLACING DOUGH STRIPS IN THE PAN

After the bar is rolled out to the desired length, fold the two ends to the center. It can then be picked up easily and placed on the pan. One sheet pan should hold 5 strips.

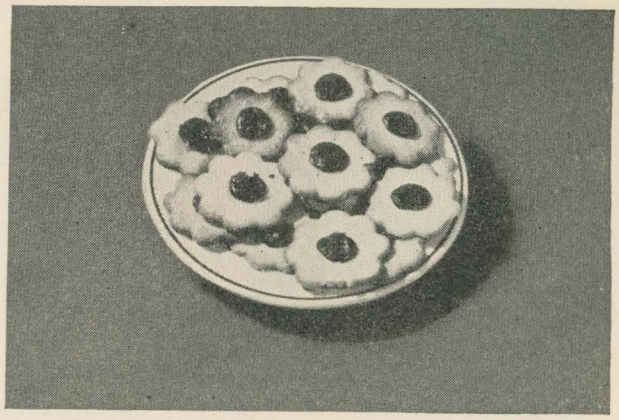


FLATTENING THE BARS

Flatten the strips to ¾" in thickness. This will make the bars uniform in width. The bars can be washed with egg wash if desired. Bake at 400° F. Do not over-bake.

CUTTING THE BAKED BARS

When warm, the bars can be iced with a water icing. Cut the bars when cool.

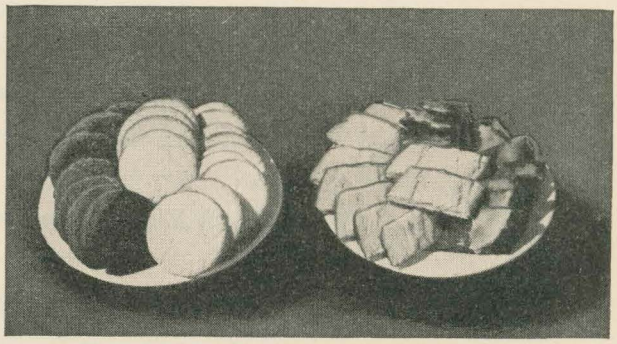


CHOCOLATE DOT COOKIES

Make a small depression in the cookie before baking. After baking, use a paper cone to put a small dot of chocolate icing in the center.

SQUARE NUT-TOPPED COOKIES

After rolling out the cookies, cut them in squares. Brush on egg wash lightly. Sprinkle with nuts and some sugar. Place on pans and bake.

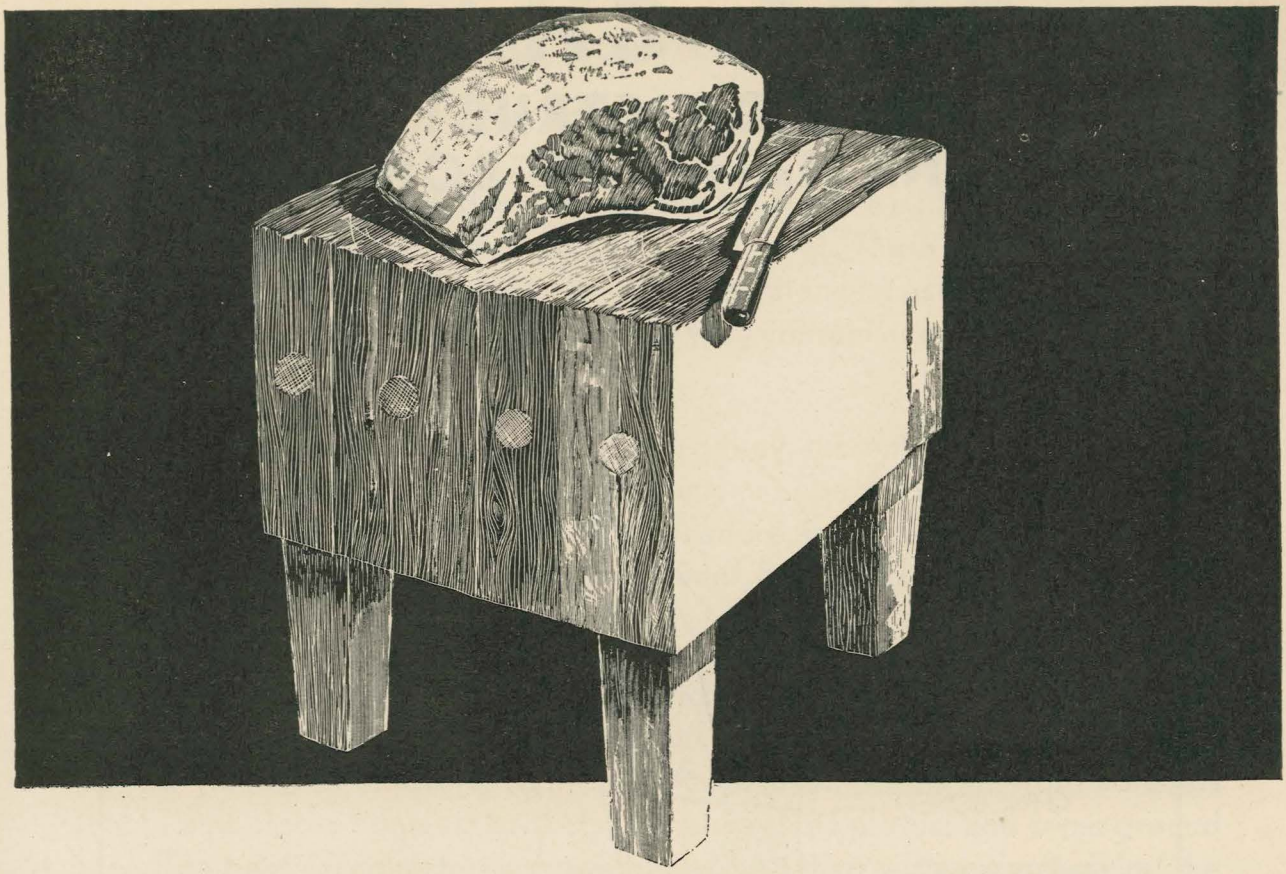


THE FINISHED COOKIES

The cookie mixes given can be used for both the round and bar type. When making the bar type, the addition of 4 to 6 ounces of flour during the original mixing period is necessary to prevent the cookies from spreading too much.

Cookie Faults and Remedies

FAULT: COOKIES SPREAD TOO MUCH	**Cause:** Excessive amount of soda.	**Remedy:** Reduce the soda in the dough.
	Cause: Too much sugar in mix.	**Remedy:** Reduce the amount of sugar in dough.
	Cause: Insufficient mixing of the dough.	**Remedy:** Increase mixing time after flour is added.
	Cause: Dough too soft.	**Remedy:** Decrease the moisture in the mix.
FAULT: COOKIES DRY OUT RAPIDLY	**Cause:** Lack of enrichening ingredients in the formula.	**Remedy:** Increase sugar, shortening or milk in the mix.
	Cause: Baking at too low temperature.	**Remedy:** Bake at higher temperature.
	Cause: Lack of moisture materials in the dough.	**Remedy:** Replace part of the sugar with invert sugar, glucose or honey.
FAULT: COOKIES ARE NOT TENDER	**Cause:** Lack of enrichening ingredients in the formula.	**Remedy:** Increase the amount of sugar and shortening in the mix.
	Cause: Over-mixing of the dough.	**Remedy:** Cut down on the mixing time after the flour is added.
	Cause: Using too strong a flour.	**Remedy:** Cut down on the amount of bread flour in the formula.
FAULT: COOKIES ARE TOO TENDER	**Cause:** Excess sugar.	**Remedy:** Reduce the amount.
	Cause: Excess shortening.	**Remedy:** Reduce the amount.
	Cause: Excess baking powder.	**Remedy:** Reduce the amount.
	Cause: Insufficient mixing.	**Remedy:** Increase the mixing time.
	Cause: Use of a weak flour.	**Remedy:** Use a stronger flour.
	Cause: Too few eggs.	**Remedy:** Increase egg content.



Methods of Cutting Meat, Poultry and Fish

On the following pages you will find illustrations and explanations of the approved methods for cutting beef, veal, lamb, pork, fish and poultry. These methods were developed to meet the specific problems found on board vessels of the United States merchant fleet.

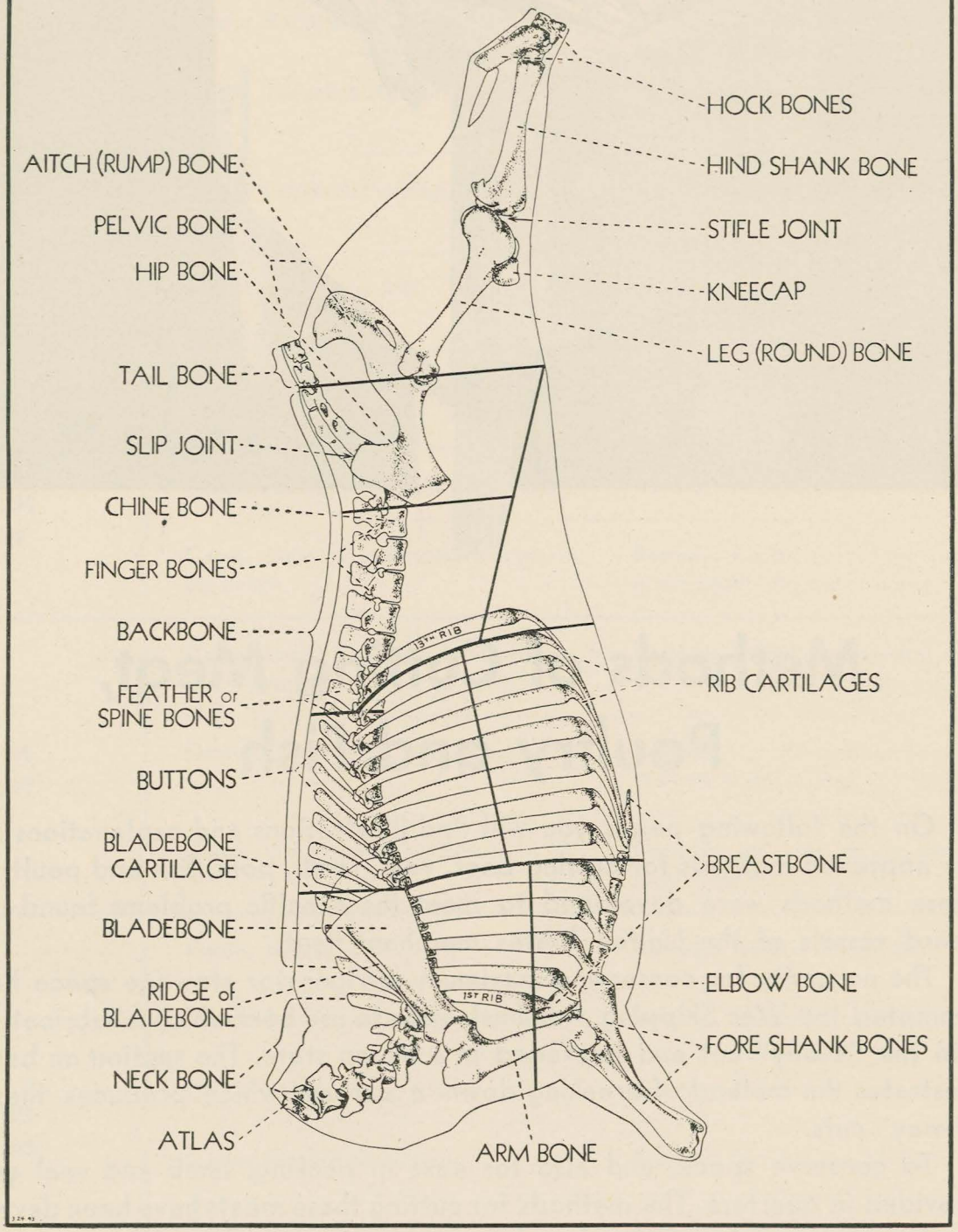
The necessity for conserving maximum refrigerator stowage space has prompted the War Shipping Administration to use beef which is fabricated into the "9-way" cut and packaged in a frozen state. The section on beef illustrates the method of breaking down a carcass which produces these "9-way" cuts.

To conserve space, and also for ease in packing, lamb and veal are provided in quarters. The methods for cutting these meats have been developed to make maximum use of each quarter.

The methods for preparing frozen pork, poultry and fish are standard ones for these commodities.

BEEF CHART

LOCATION, STRUCTURE AND NAMES OF BONES

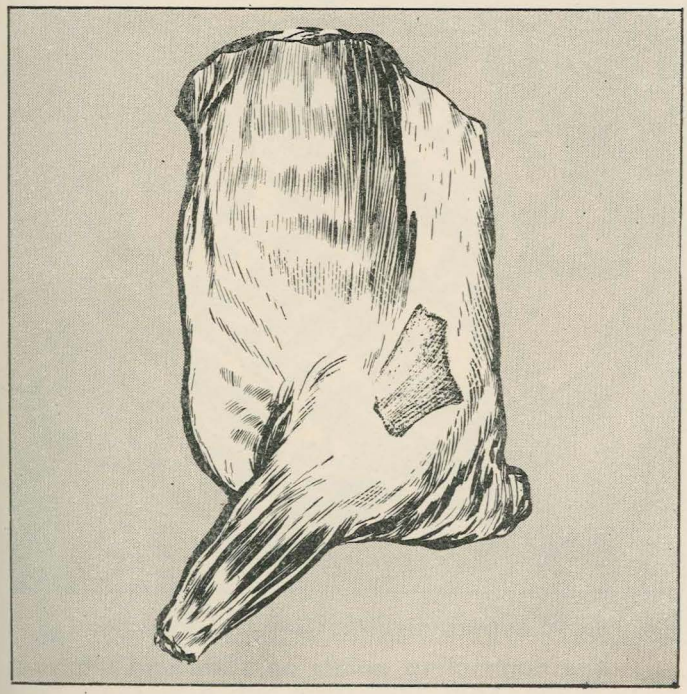


Making Fabricated Cuts From the Beef Forequarter

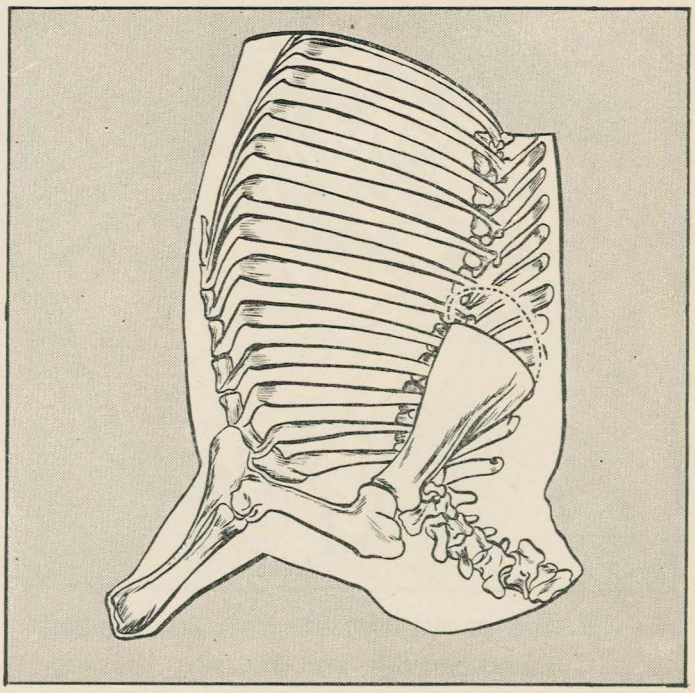
Beef, as it is delivered to you, comes in what are called *fabricated* cuts —a number of large, blocky, solid pieces of meat. These cuts are packed in nine separate boxes, each box containing similar pieces of beef. The boxes are plainly marked with the type of cut they contain and with the grade and weight of the meat.

Before they are ready for use in the galley, these fabricated or "9-way" cuts require additional cutting, trimming or separation of tender muscles from the less-tender muscles. This procedure is described in the section titled, "Preparing Fabricated Cuts of Beef for the Galley," on page 274.

However, on the chance that you may have to cut up an entire carcass at some time, the methods of preparing these *basic* fabricated cuts are described here, beginning with the *beef forequarter*. This section of the carcass yields the following fabricated cuts: oven-prepared ribs; boneless chucks and clods; boneless briskets; boneless short plates; and some ground beef. The beef forequarter is shown below, together with a chart giving the location and shape of the bones in it. For the correct method of cutting this section, continue on the following pages.

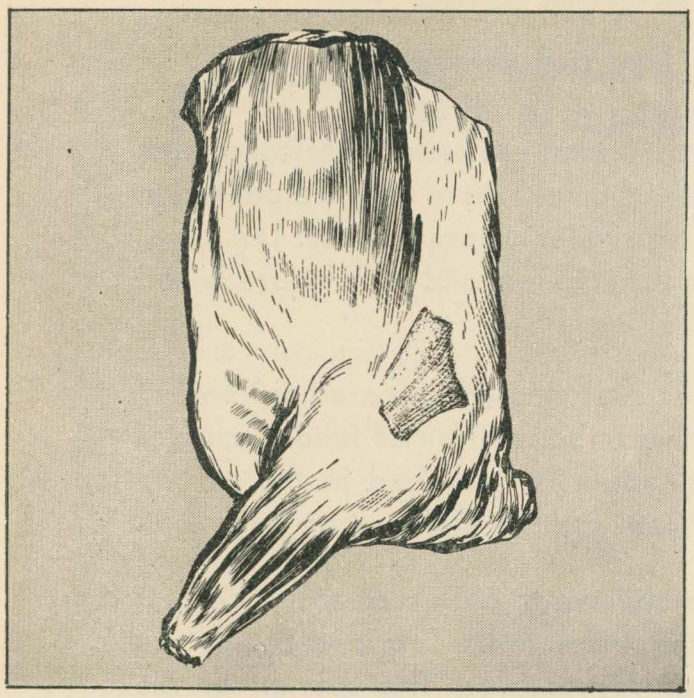


BEEF FOREQUARTER



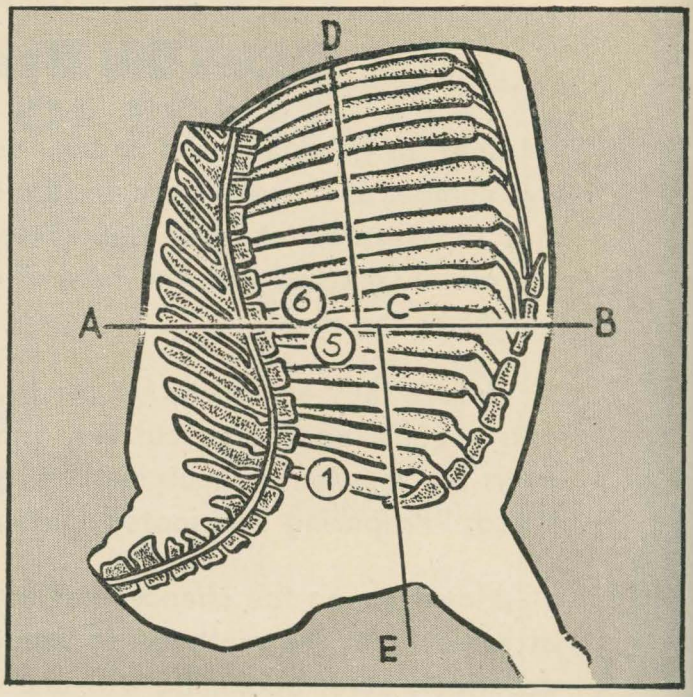
BONE CHART OF BEEF FOREQUARTER

MAKING FABRICATED CUTS FROM BEEF FOREQUARTER

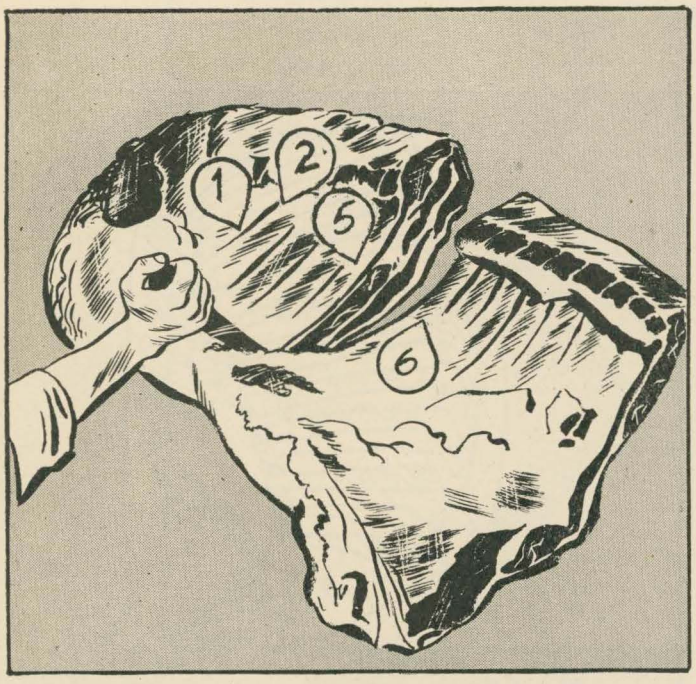


BEEF FOREQUARTER

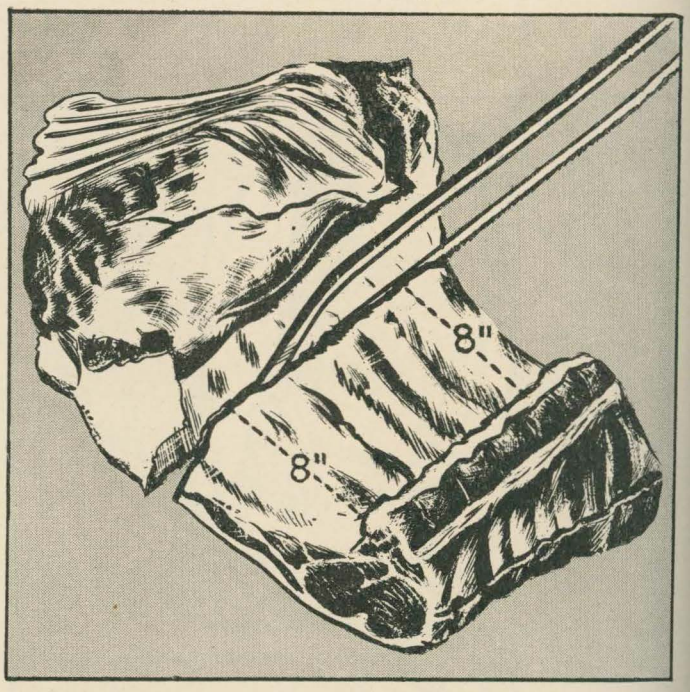
1. Turn this skin-side down to make cut described in step No. 2.



2. Cut from (a) to (b) to separate rib and plate from chuck. Cut from (c) to (d) to separate plate from rib. Cut from (c) to (e) to remove brisket and shank from regular chuck.

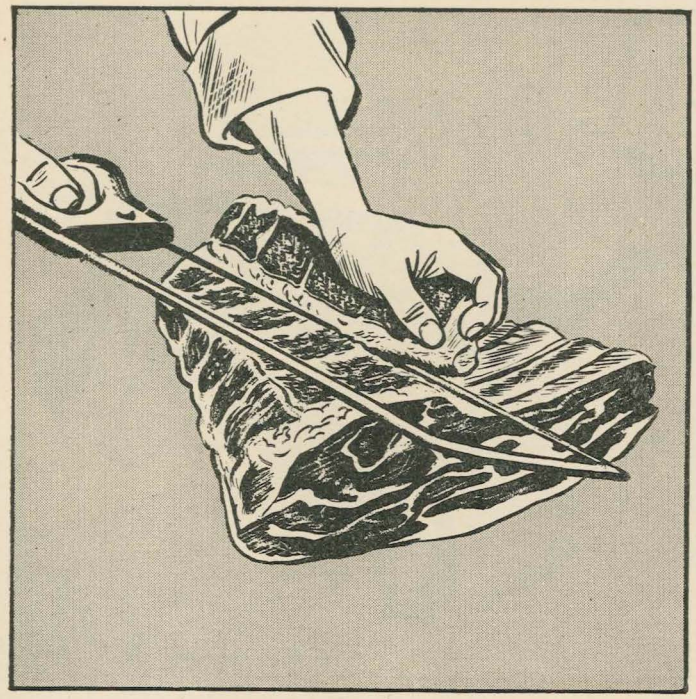


3. Saw across backbone and breastbone. Cut between 5th. and 6th. ribs, keeping knife close to 5th. rib to separate rib and plate from chuck.



4. To separate plate from rib, saw along line connecting points on 12th. and 6th. ribs, each point measured 8 inches from edge of chine bone. Remove cartilage end of bladebone from heavy end of rib.

MAKING FABRICATED CUTS FROM BEEF FOREQUARTER



RIBS

Saw across base of chine bone to separate ribs from feather bones. This exposes a small portion of the meat of the heavy rib muscle.

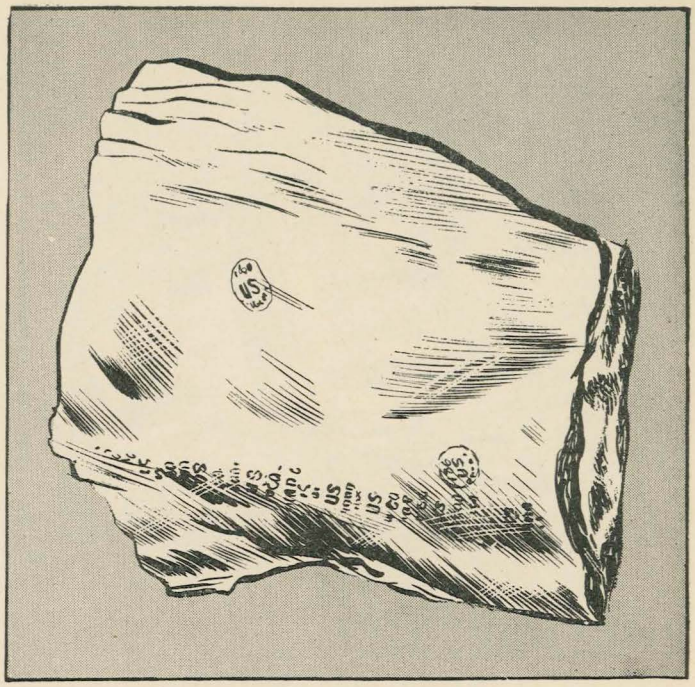
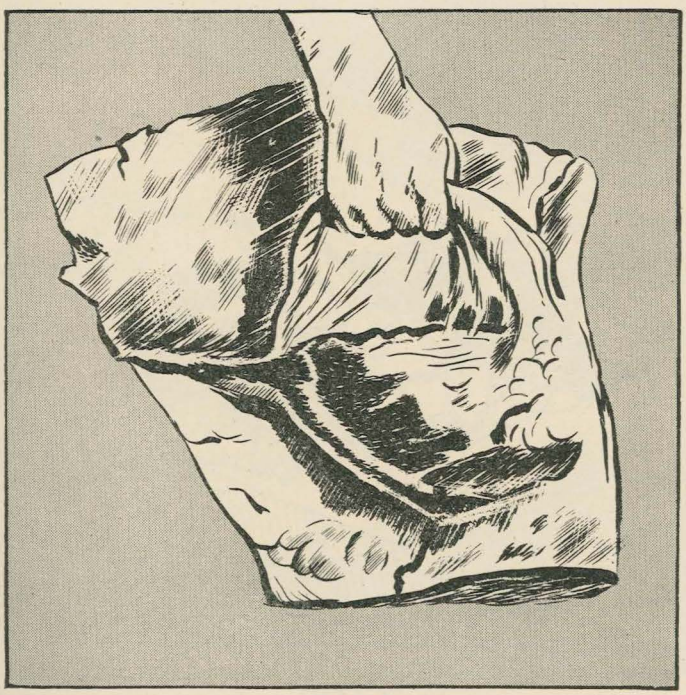
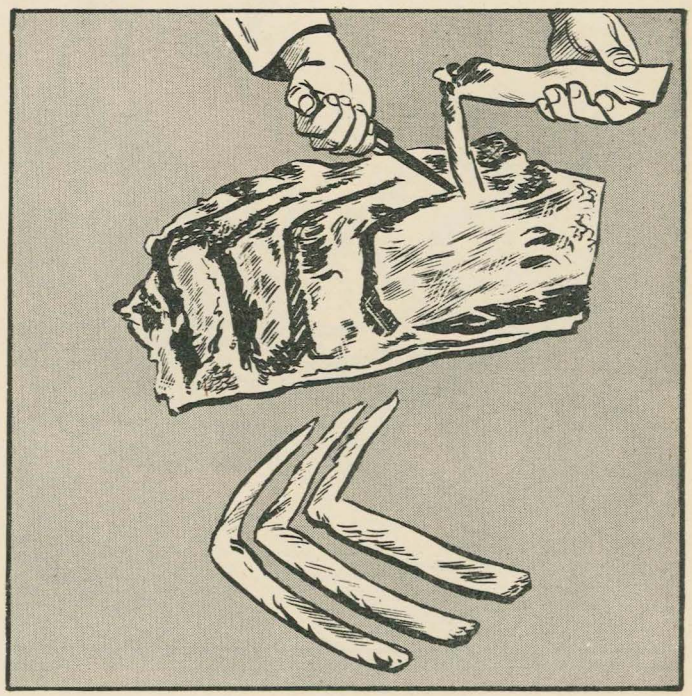


PLATE AND NAVEL

1. Plate and navel are shown above. Turn skin-side down to make cut described in step No. 2.

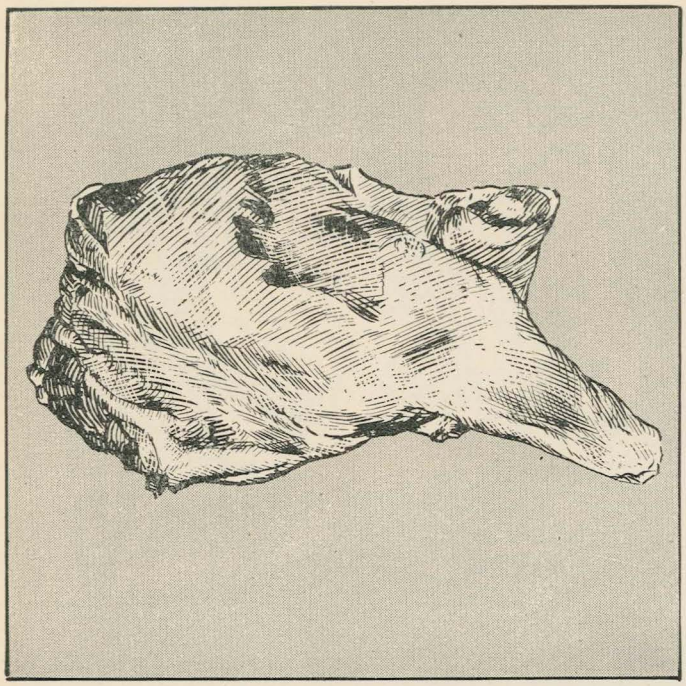


2. Cut a thin strip from navel edge of plate. Cut a thin strip from edge of skirt. Pull membrane covering from skirt meat.



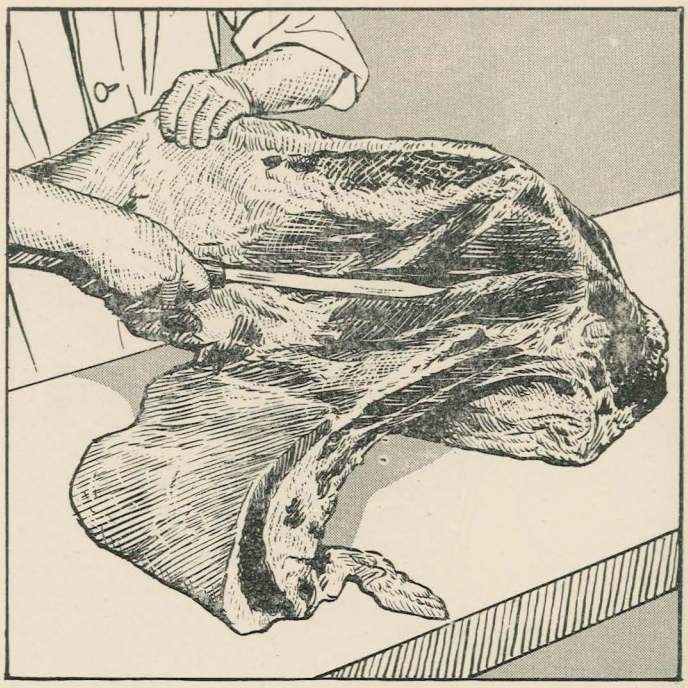
3. Cut under skirt meat and over rib bones to expose cartilage ends of ribs. Remove ribs as shown above.

MAKING FABRICATED CUTS FROM BEEF FOREQUARTER

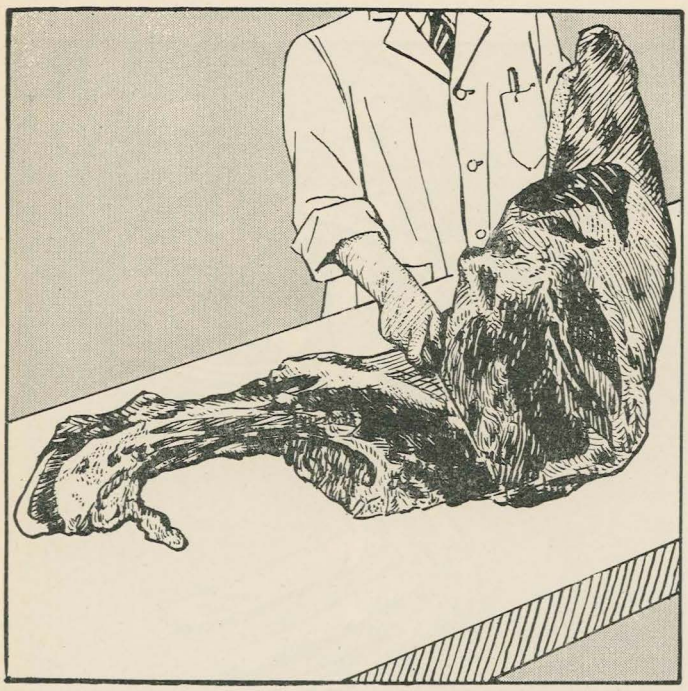


CHUCK, CLOD AND BRISKET

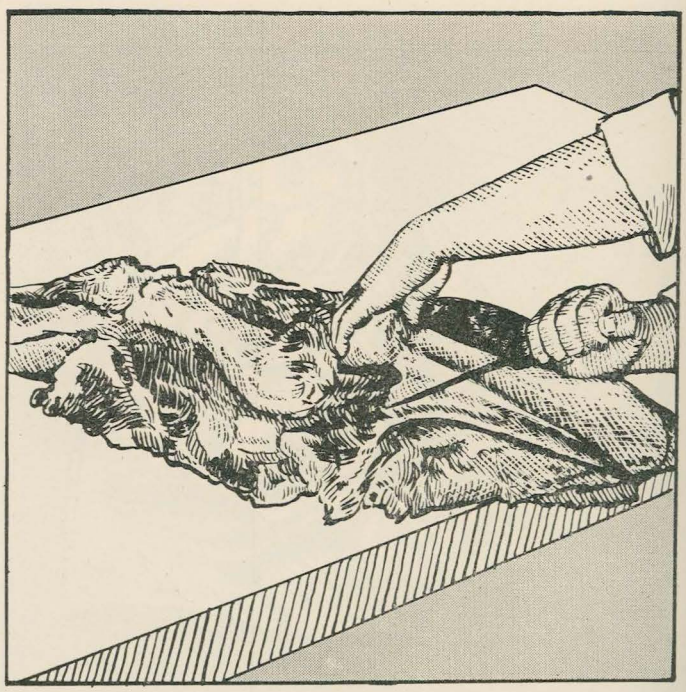
1. Above illustration shows the chuck and clod with brisket attached.



2. To remove shoulder clod, cut into and follow the natural seam to the bladebone.

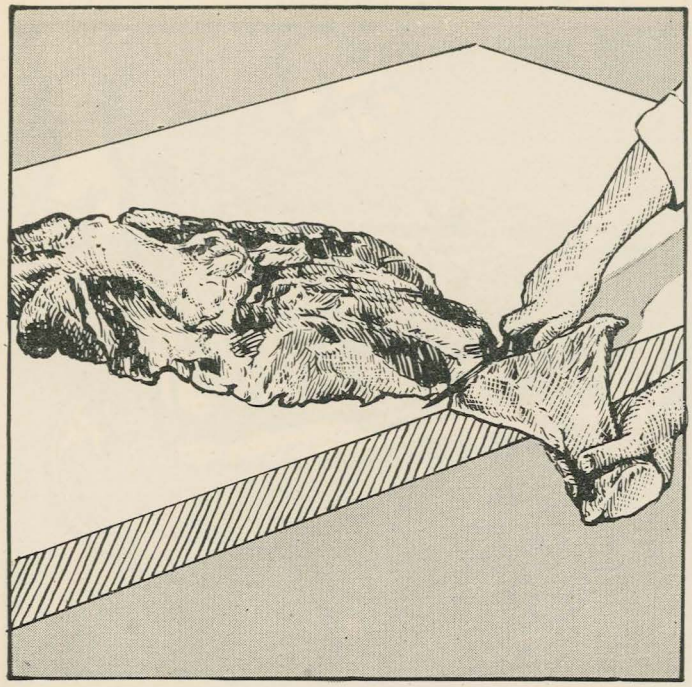


3. Cut along the bladebone and remove the clod.

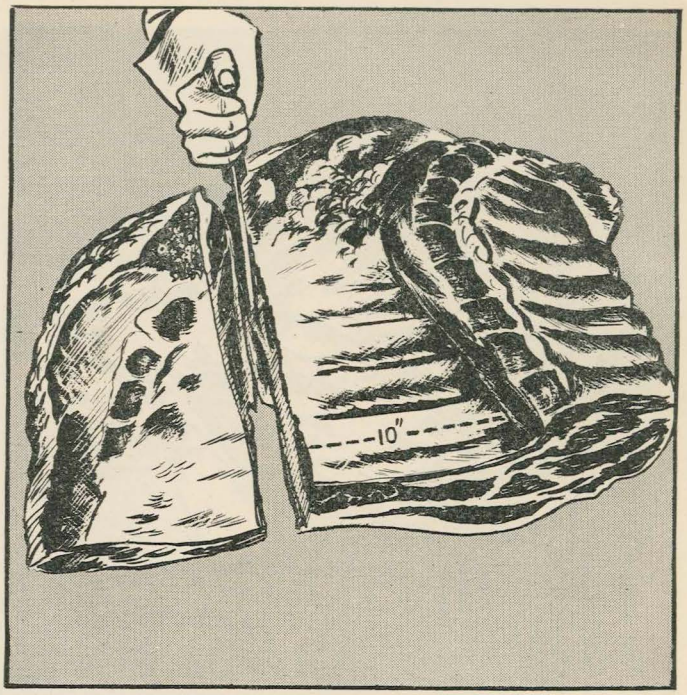


CLOD

4. Cut into joint of blade and arm bone. Follow the arm and foreshank bones to loosen meat.

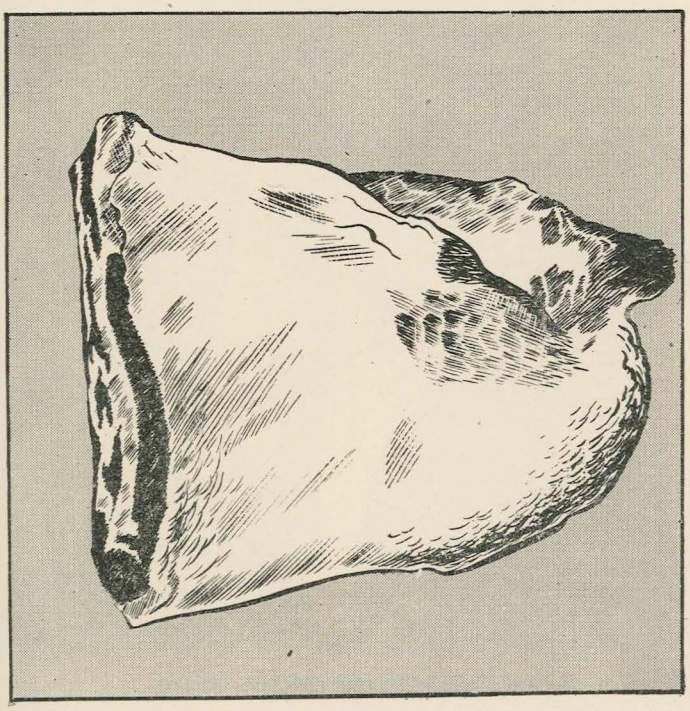


5. Remove blade, arm and shank bones.

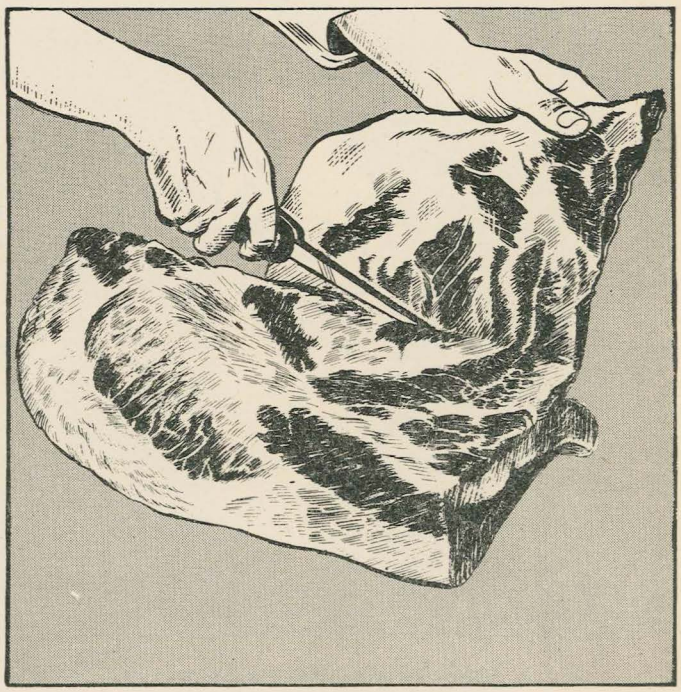


CHUCK AND BRISKET

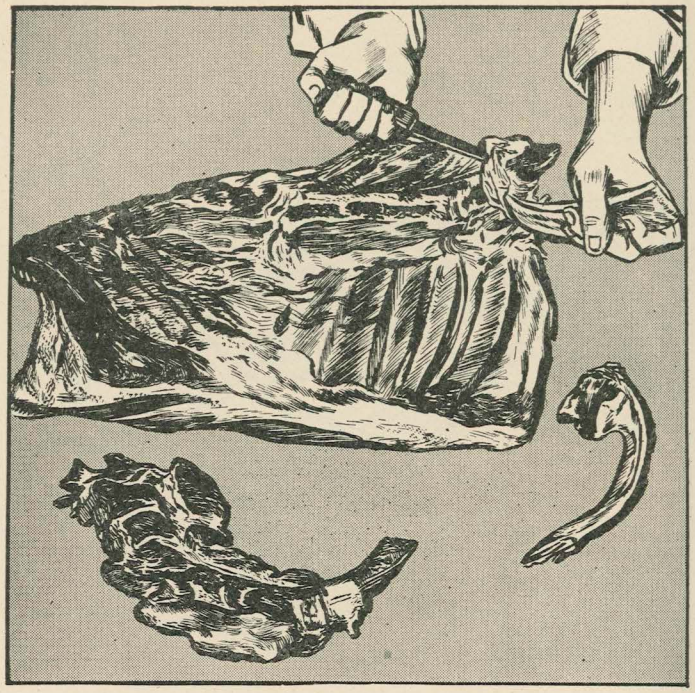
1. Separate brisket from chuck by cutting on a straight line from a point on 5th rib 10 inches from edge of chine bone to tip of breastbone.



1. BRISKET.



2. Cut around edge of breastbone and under ribs to separate brisket from bones. Trim away excess fat.



CHUCK

1. Remove scribed ends of feather bones. Pull out back strap.

2. Cut thin strip of meat from along chine bone. Unjoint and remove neck bones, rib bones and attached backbones.

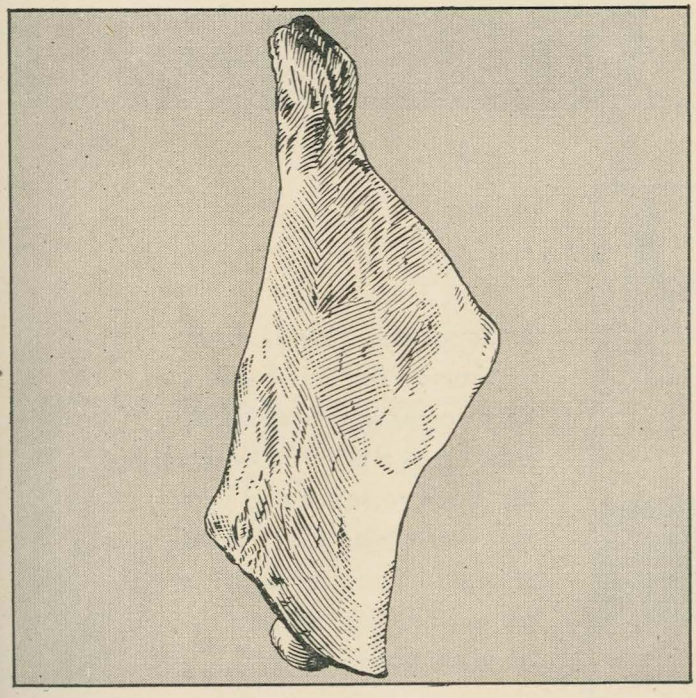
Making Fabricated Cuts From the Beef Hindquarter

The previous pages describe how the beef forequarter is reduced to its basic fabricated cuts for packaging and delivery on shipboard. The same is now done for the beef *hindquarter*—resulting in the following cuts:

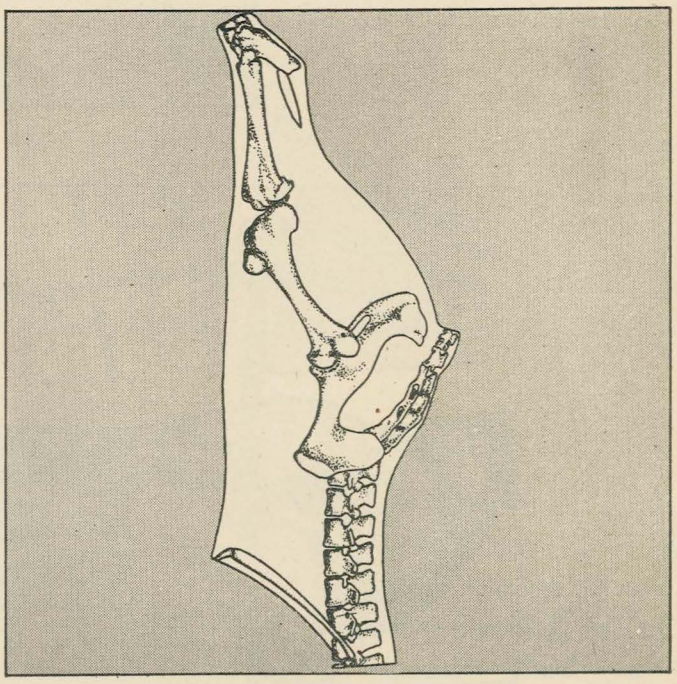
Boneless rounds
Strip loins
Boneless sirloin butts
Trimmed full beef tenderloins
Ground beef

A good many of the tender cuts of beef for roasts and steaks are found in the hindquarter. In addition, this part of the carcass provides meat for braising, stewing and grinding.

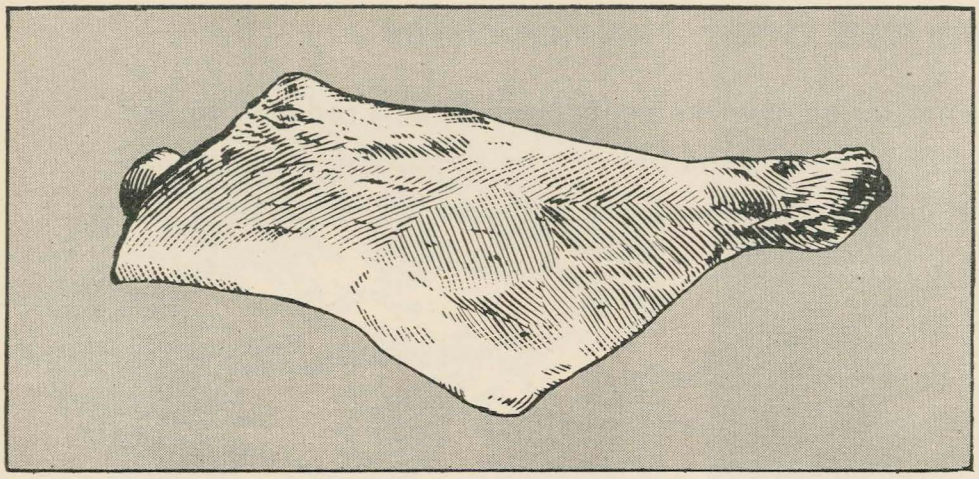
Steps for preparing the fabricated cuts from the beef hindquarter are described on the pages that follow. First, examine the bone chart below, showing the shape and location of the bones in this cut of meat.



BEEF HINDQUARTER

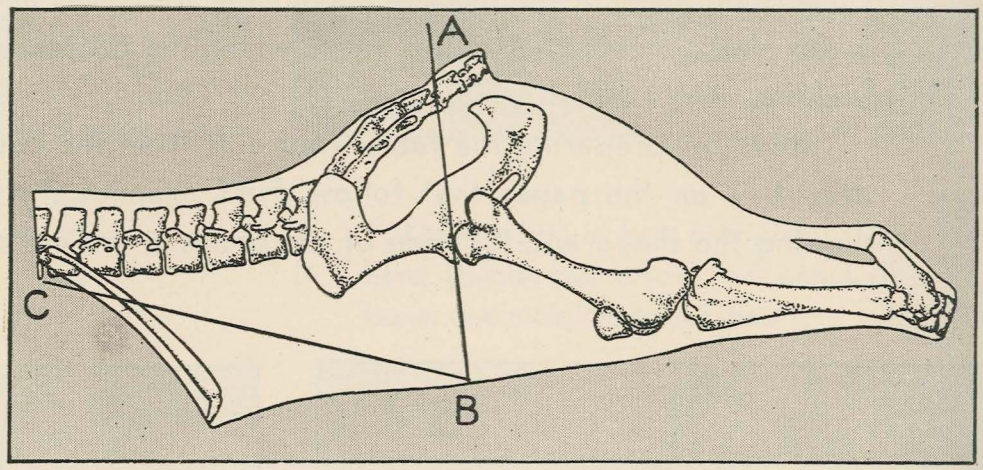


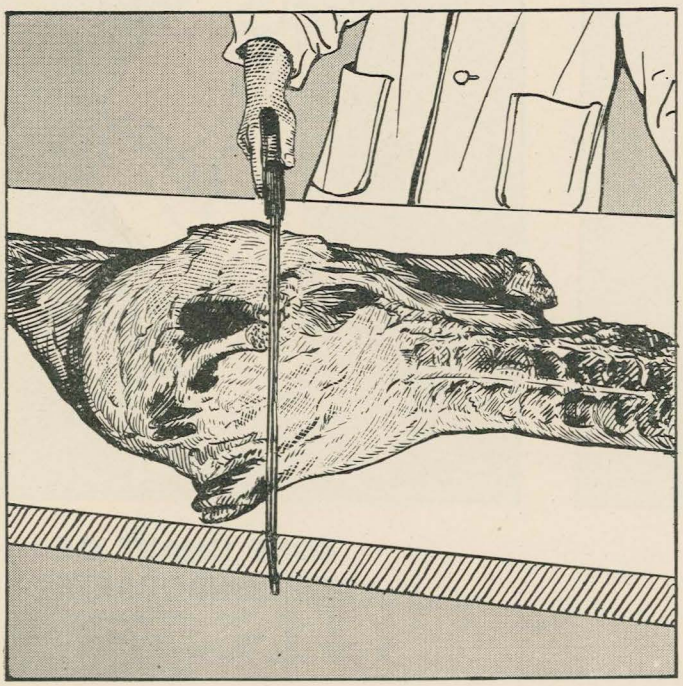
BONE CHART OF BEEF HINDQUARTER



1. BEEF HINDQUARTER.

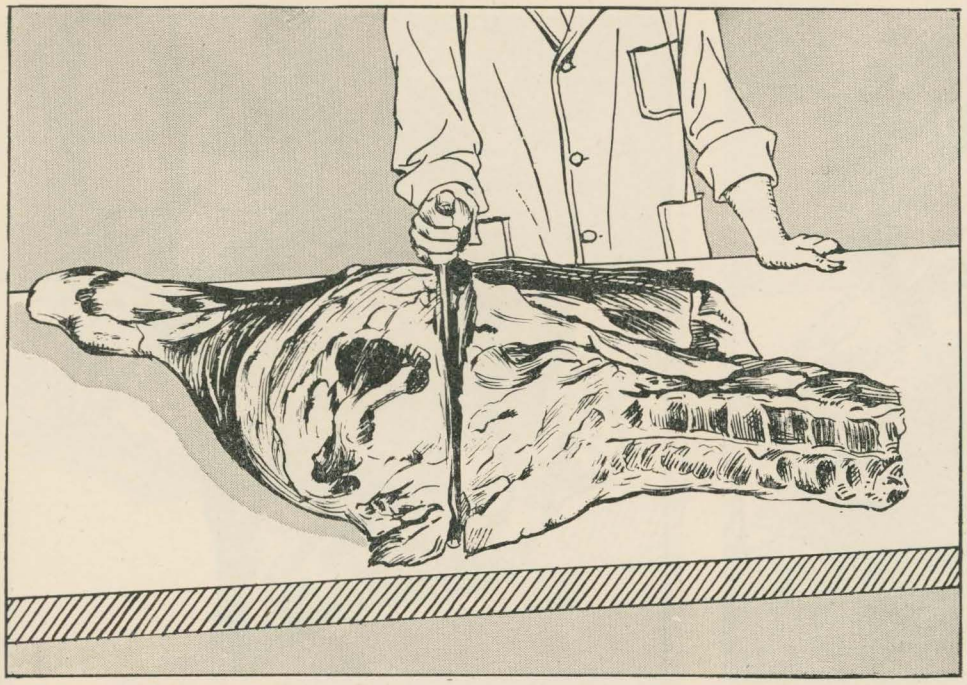
2. Cut from (a) to (b) to separate round from untrimmed full loin. Cut from (b) to (c) to separate flank from untrimmed full loin.





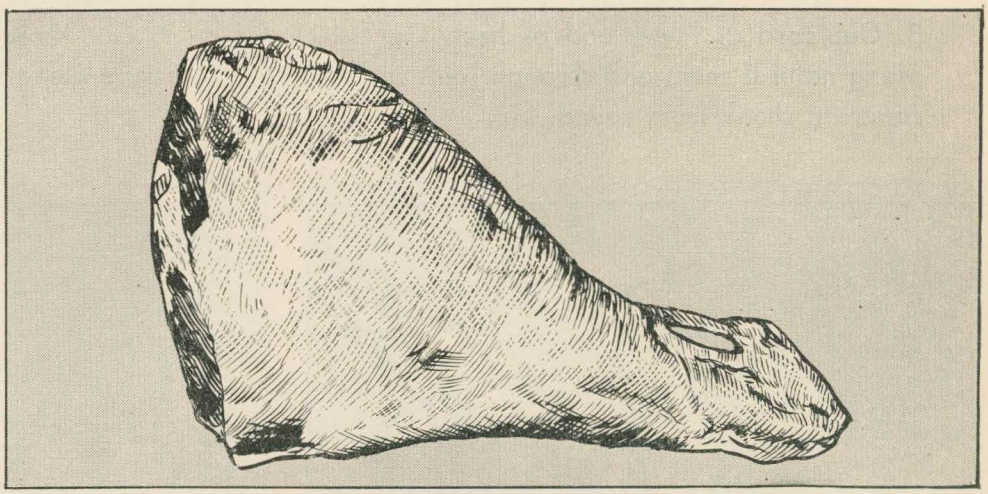
3. Separate round from untrimmed full loin by cutting across width of hind, starting at a point between last back vertebra and first tail vertebra. Cut in a straight line through a point that just misses tip of aitch bone.

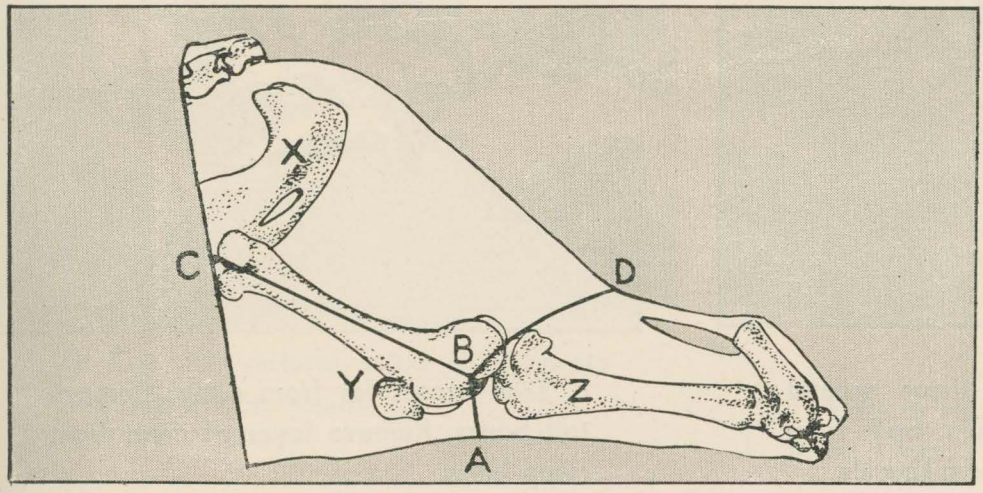
MAKING FABRICATED CUTS FROM BEEF HINDQUARTER



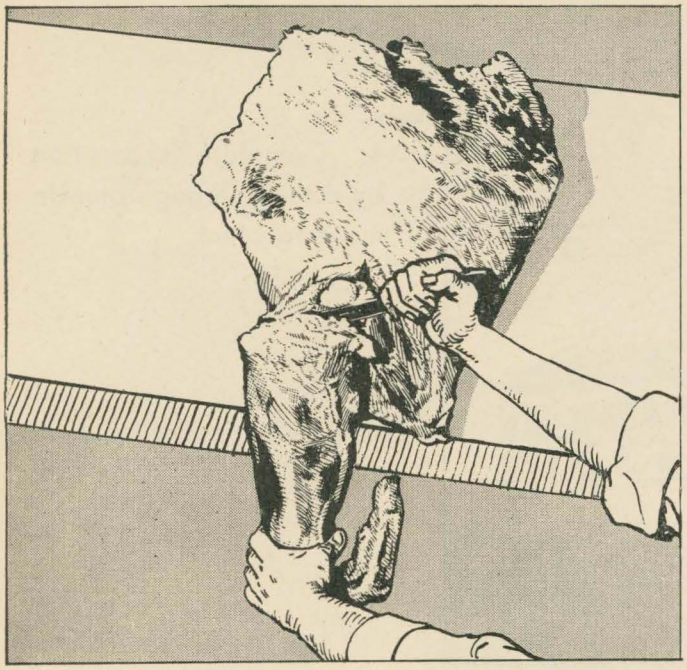
4. Complete separation by cutting through knuckle meat to block.

1. ROUND

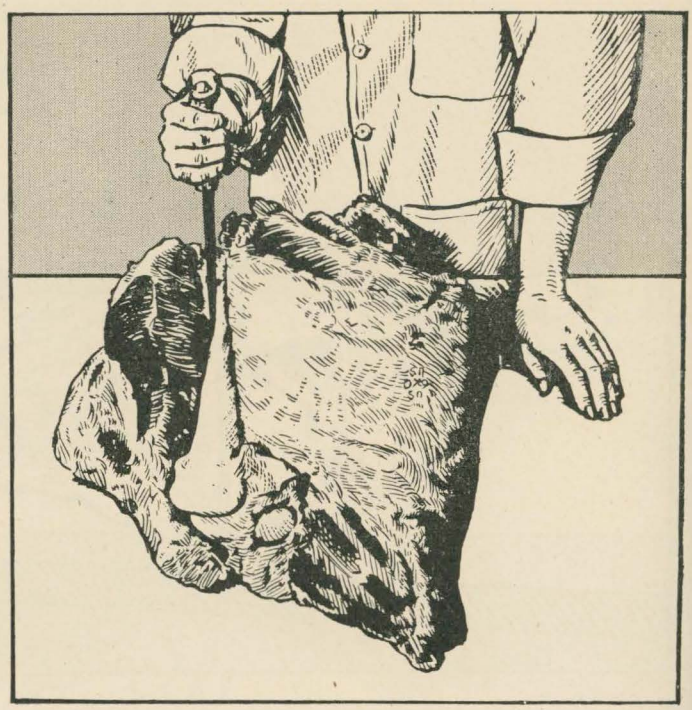




2. Cut from (a) to (b) to (c) on both sides of round to remove knuckle (sirloin tip). Cut from (d) to (b) to separate shank from round. Remove bones (x), (y), (z).

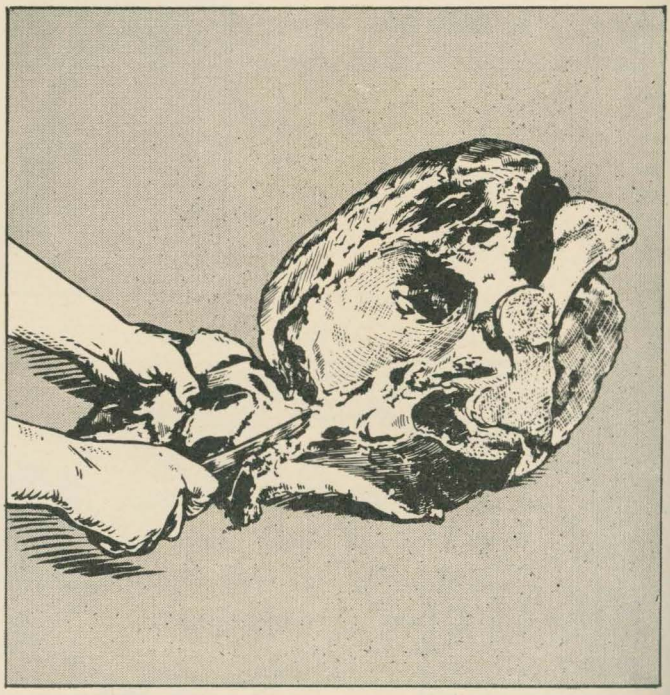


3. Cut cord at lower end of heel. Cut along natural seam and through joint to separate shank from round.

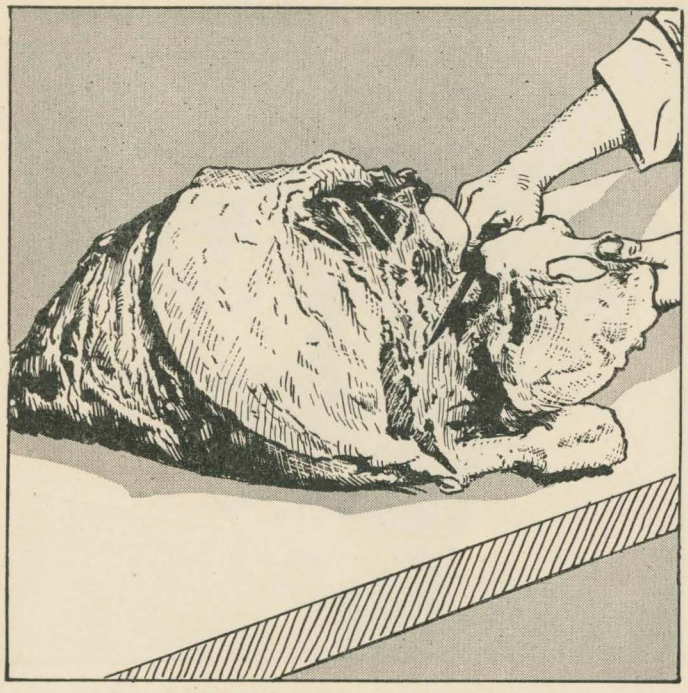


4. Cut through meat on both sides of round along full length of leg bone.

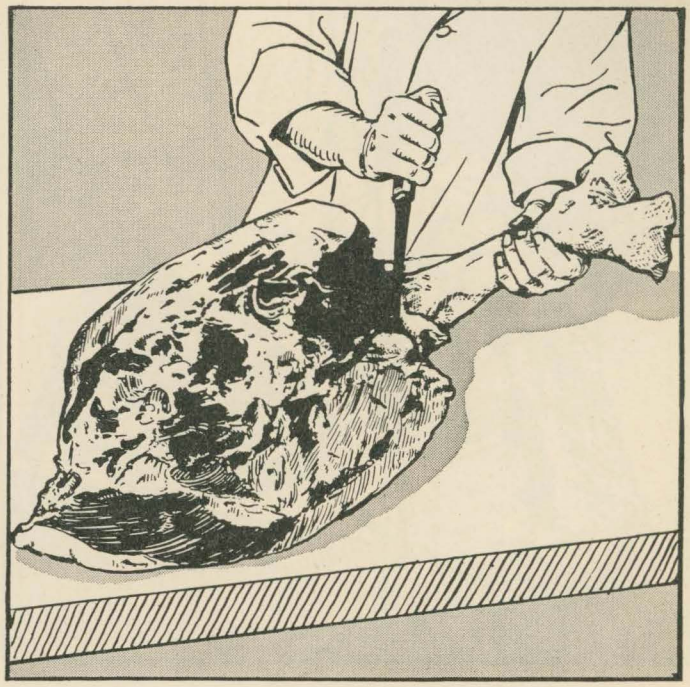
5. Unjoint kneecap. Cut tissue around bone, pull knuckle (sirloin tip) from round. Remove kneecap from knuckle.



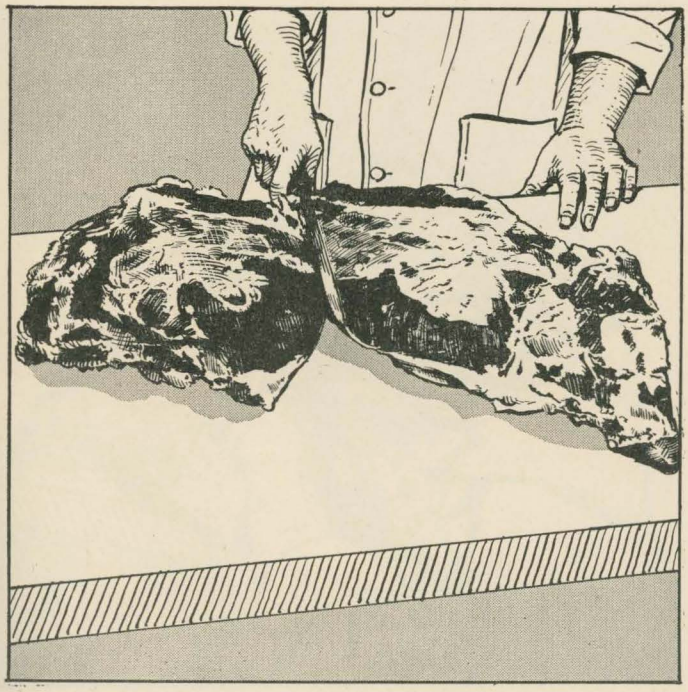
6. Trim excess fat from rump. Remove tail bones. Remove layer of meat from rump bone.



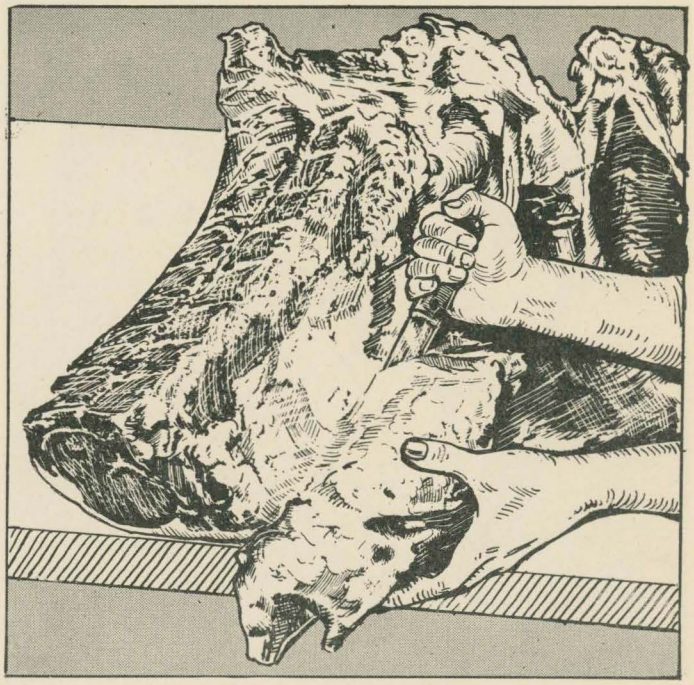
7. Unjoint rump bone from leg bone and remove.



8. Cut along and under the leg bone to remove.

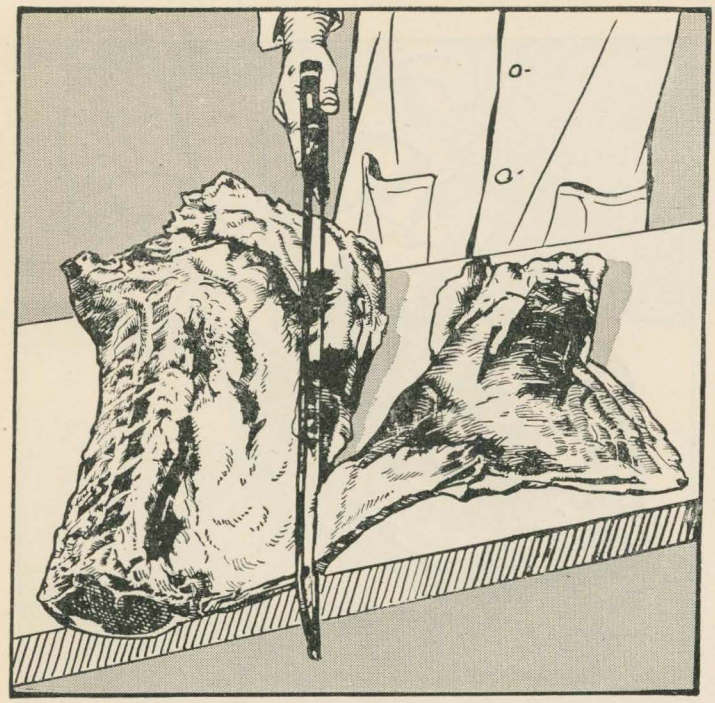


9. Cut into natural seam to separate top and bottom round.



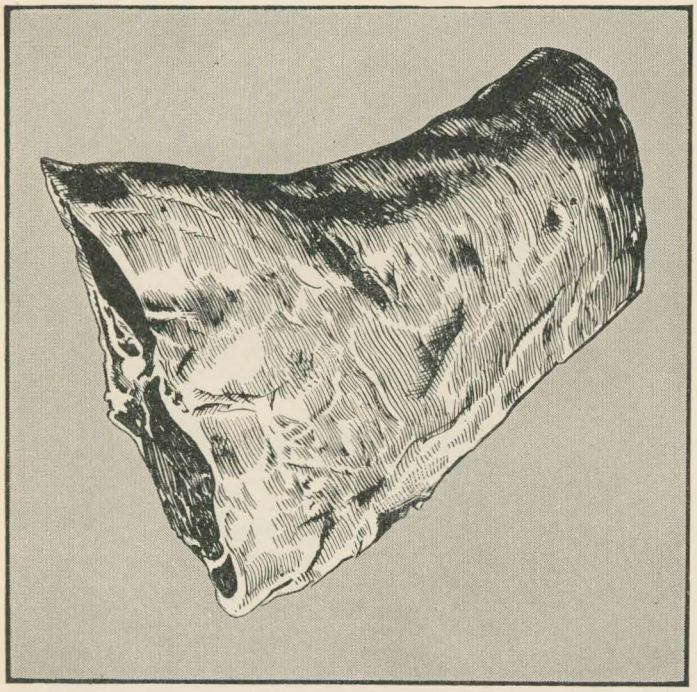
LOIN

1. Remove kidney and hanging tender, if there is any.

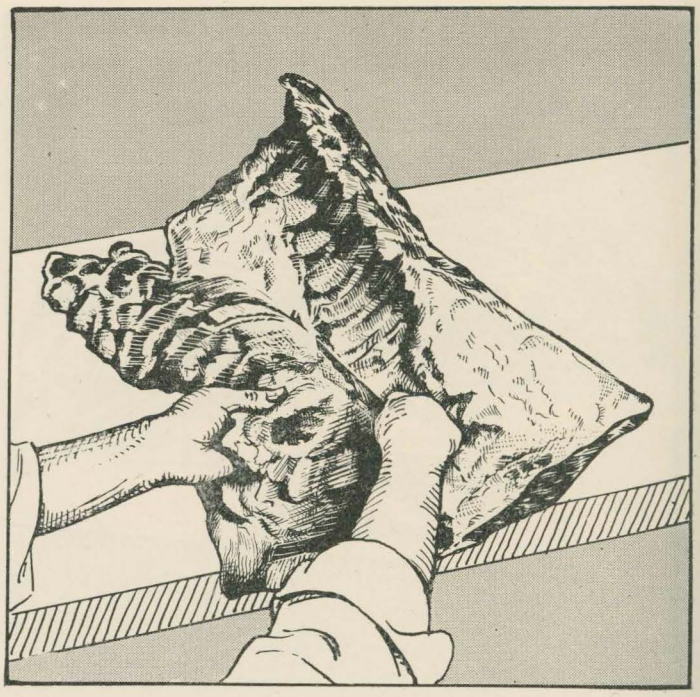


2. Separate flank from trimmed full loin by cutting in a straight line from flank end of sirloin to a point on 13th. rib, 10 inches from edge of chine bone.

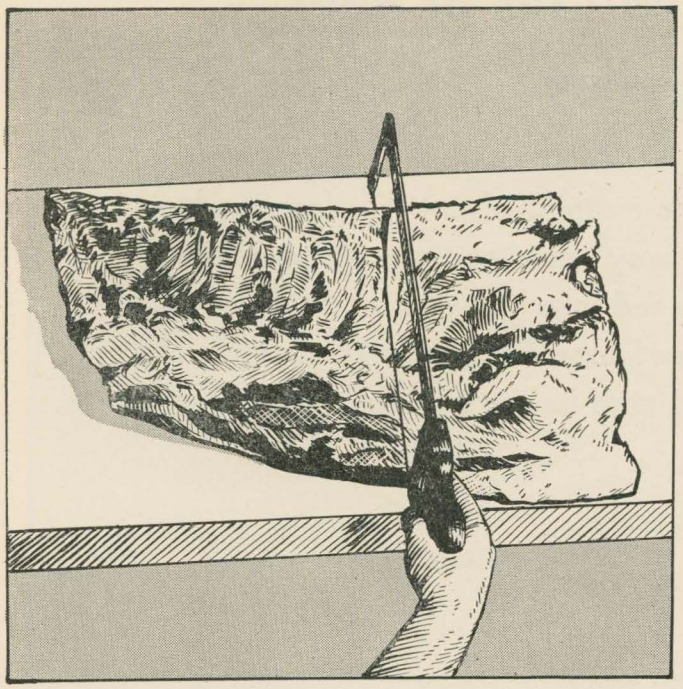
3. Trim excess rough fat from inside of loin and pelvic cavity.



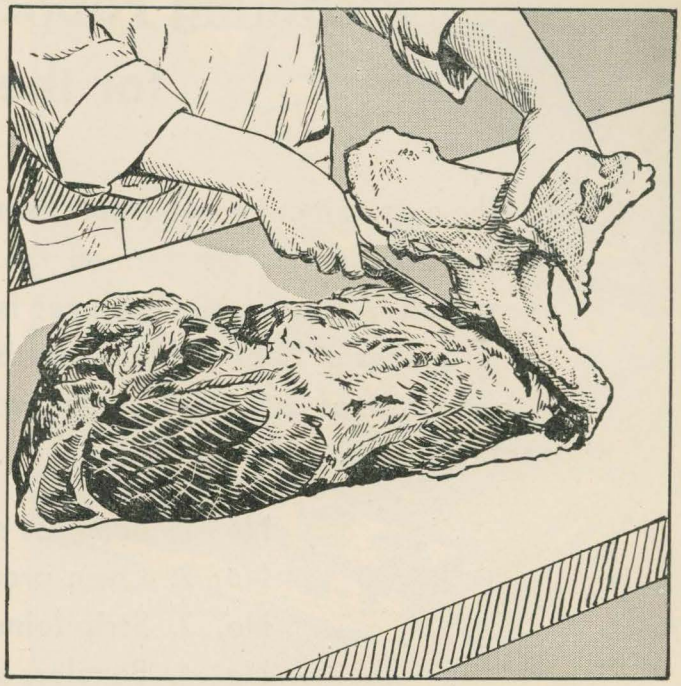
4. Trimmed full loin (outside view).



5. Cut along the chine bone and under tenderloin to separate it from backbone. Follow natural seam to remove tenderloin at heavy end of loin.

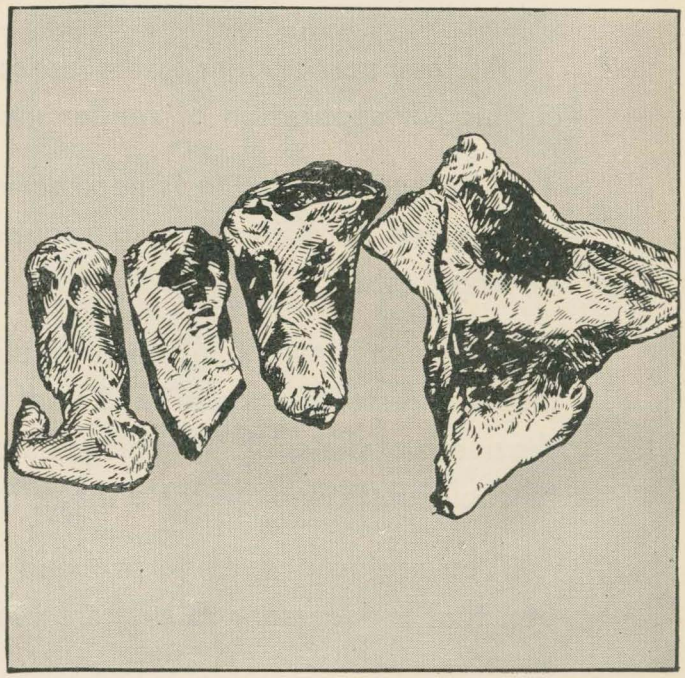


6. Separate sirloin from shell loin by a straight cut, starting between the vertebrae of back and just missing the end of the hip bone.



7. Cut under the hip and backbone to remove.

8. Starting at the sawed end of the 13th. rib, cut off flank meat on a line parallel to chine bone. Saw through chine bone at base to remove.



9. The lean trimmings from the above cuts are made into ground meat.

Preparing Fabricated Cuts of Beef for the Galley

The cuts of meat which result from the method of cutting described on the previous pages are termed the "9-way" cuts and are standard issue aboard all WSA vessels. Each cut is placed in a box which contains other similar pieces of beef and the meat is then frozen. Each box is marked plainly with the type of cut, grade and weight. Listed below are the cuts which are packed in each of the boxes:

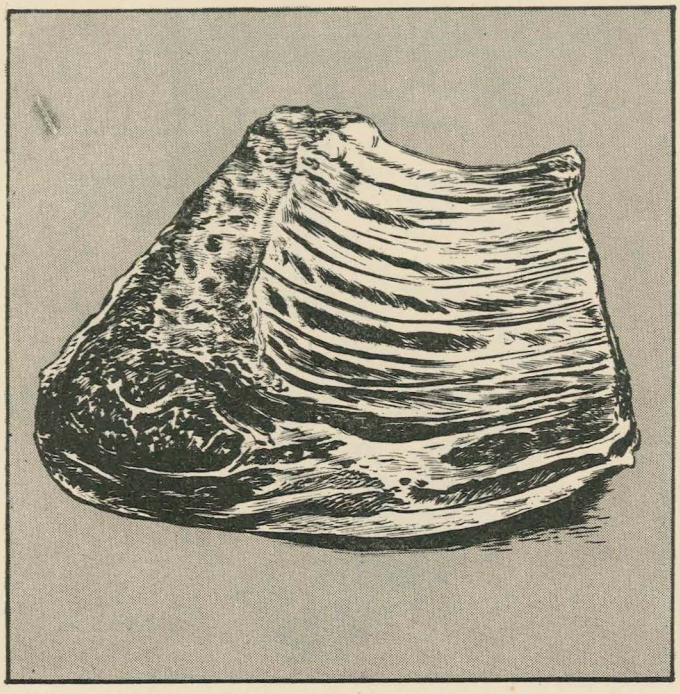
No. 1. Boneless rounds
No. 2. Oven prepared ribs
No. 3. Strip loins
No. 4. Boneless sirloin butts
No. 5. Trimmed full beef tenderloins
No. 6. Boneless chucks and clods
No. 7. Boneless short plates
No. 8. Boneless briskets
No. 9. Ground Beef

As they now appear in the boxes, most of the pieces require additional cutting, or separation of tender muscles from less tender muscles.

Also some trimming is necessary to prepare these meats in the manner best suited to their cooking requirements, and to eliminate carving and serving waste.

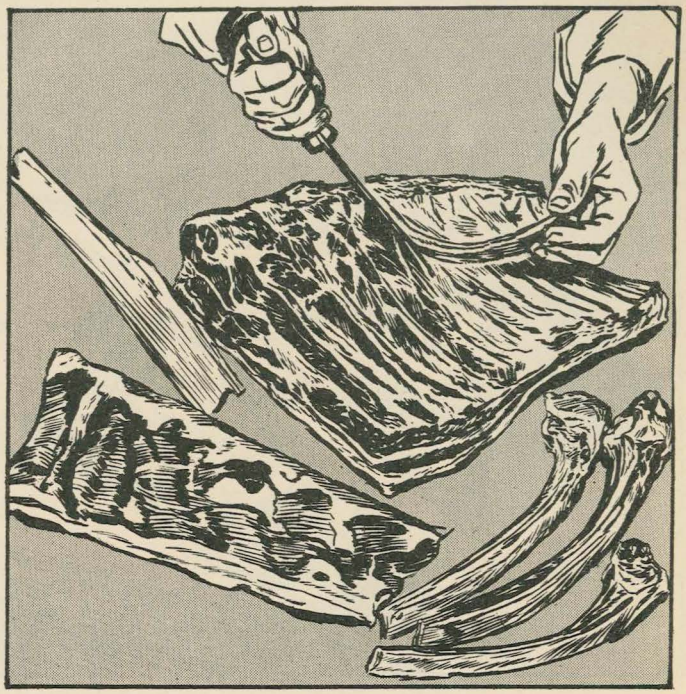
Any lean trimming left over should be used in the preparation of braised dishes and stews, since ground beef is supplied in sufficient quantity to meet the needs of the cook. Trimmings should be stored in the freezer, if necessary, to accumulate enough for a meal, but should be used as soon as possible.

You are now ready to proceed with the additional cutting, trimming, etc. that is necessary to prepare these basic fabricated cuts for galley use.

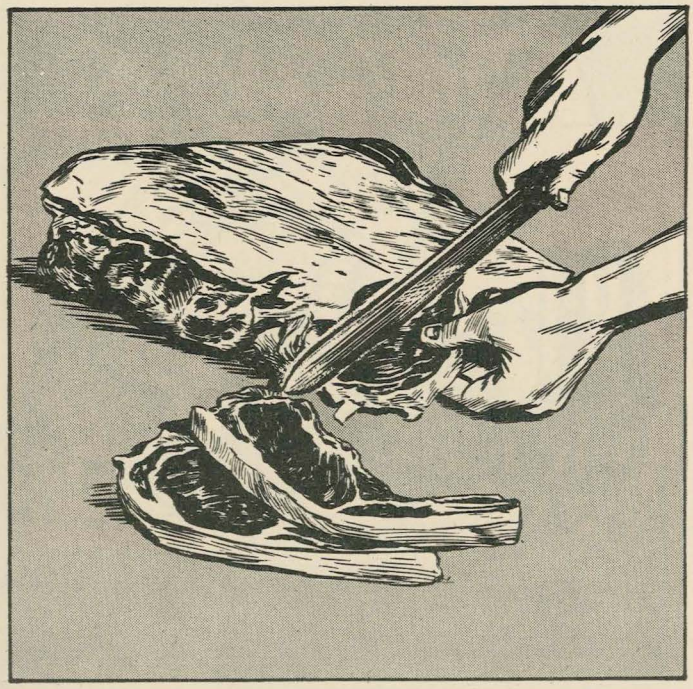


BONELESS RIB (for steak)

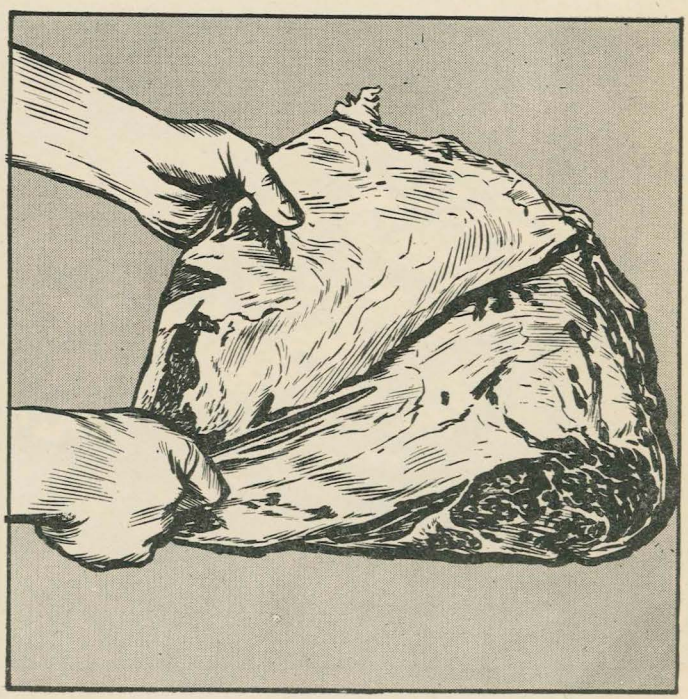
1. Oven-prepared rib.



2. Remove ends of backbones. Pull out back strap. Cut under ribs to remove.



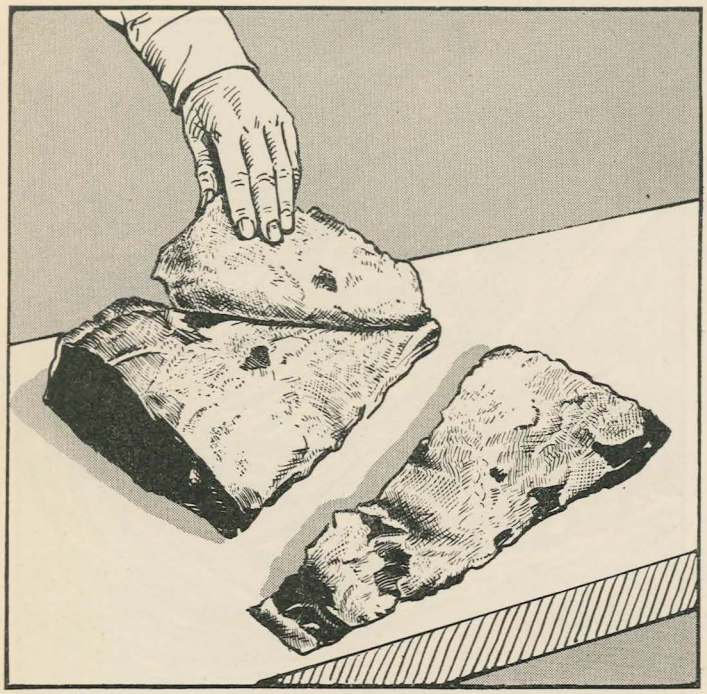
3. Cut into steaks of even thickness.



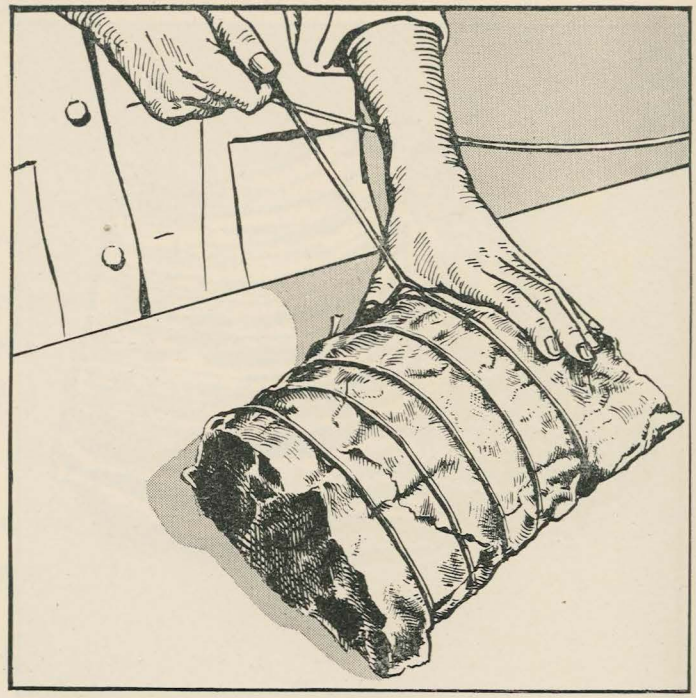
BONELESS RIB (for roast)

1. Follow natural seam to remove thin muscle from heavy end of rib.

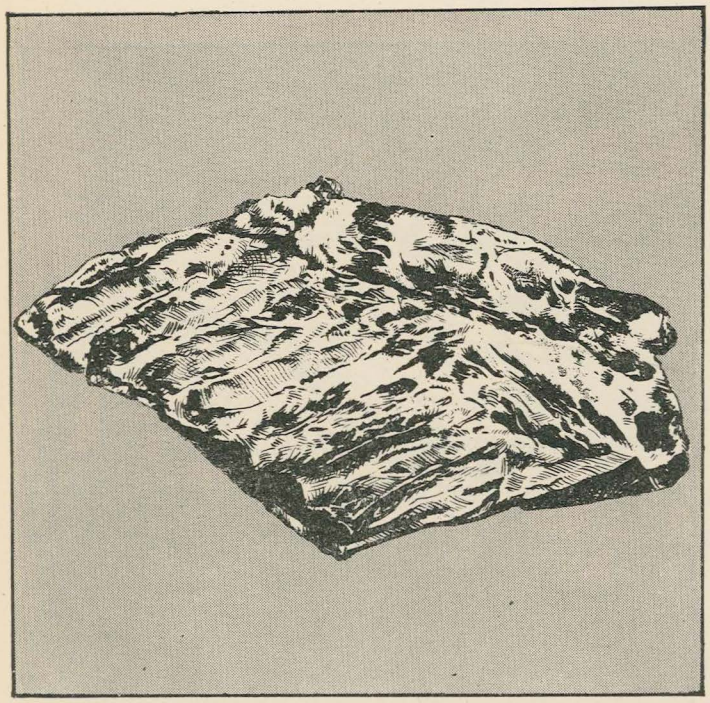
PREPARING FABRICATED CUTS OF BEEF FOR THE GALLEY

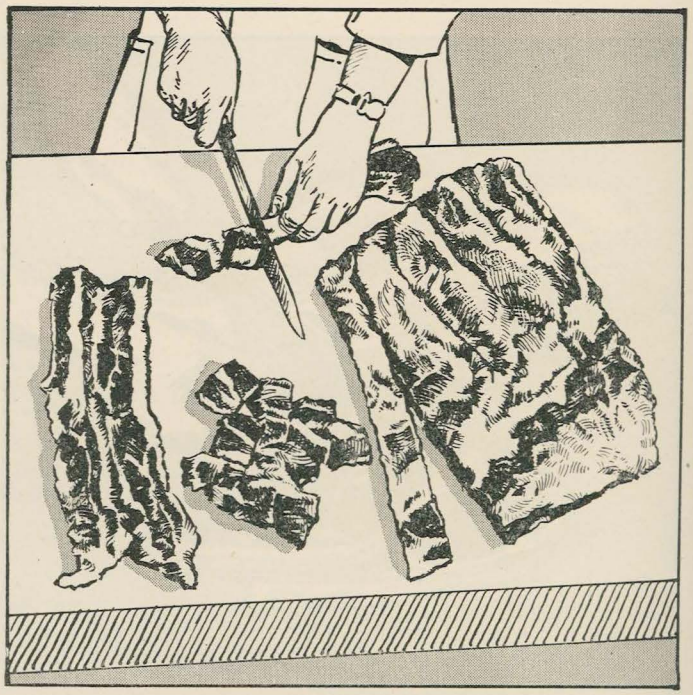


2. Cover unprotected end with fat.



3. Tie with strings for roasting.

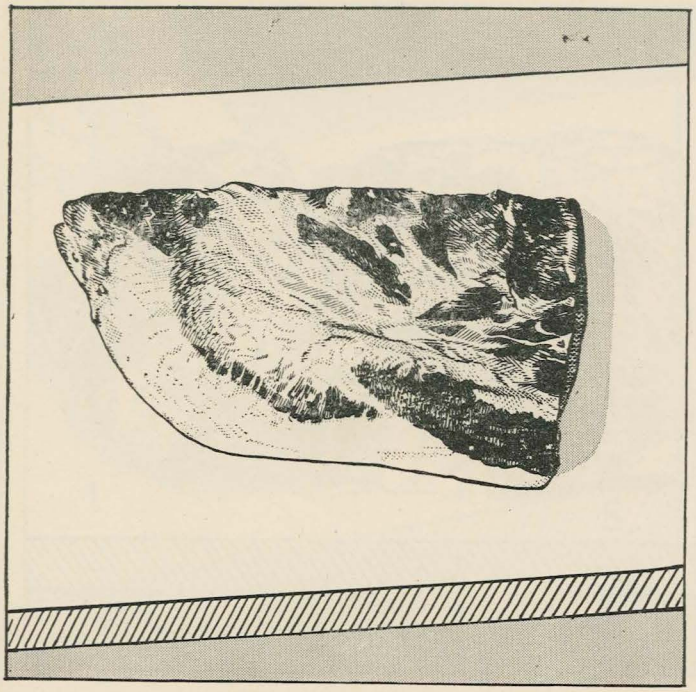


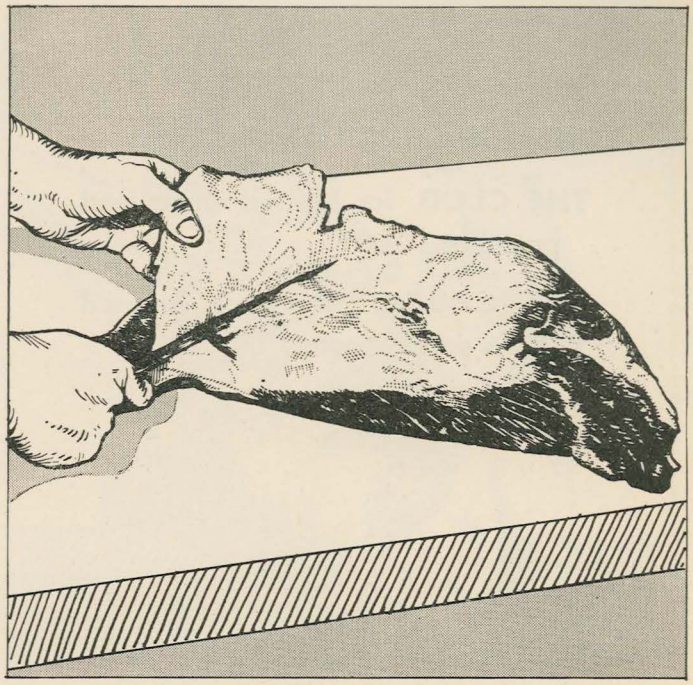


BONELESS SHORT PLATE (for braising and stewing)

1. Boneless short plate.

2. Remove loose skirt meat. Trim off excess fat and cut into pieces suitable for braising or stewing.

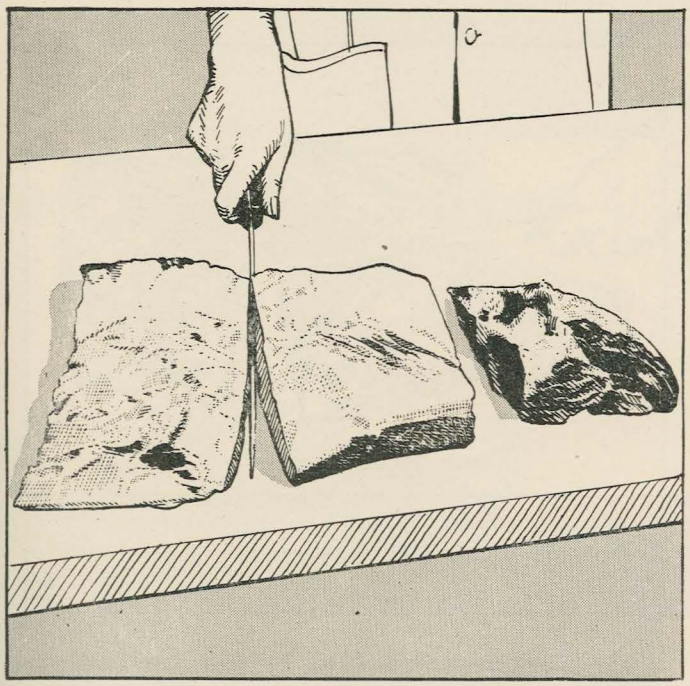


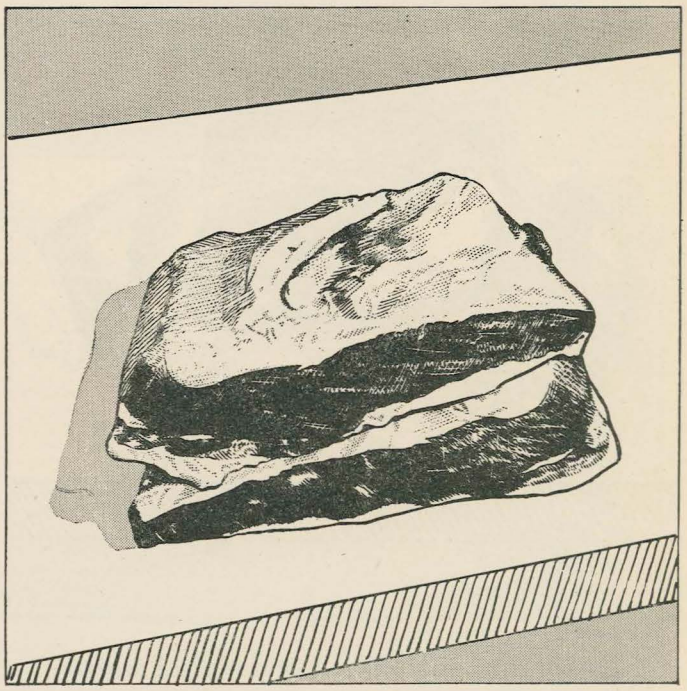


BONELESS BRISKET (for braising or corning)

1. Boneless brisket.

2. Remove fat from inside of brisket.





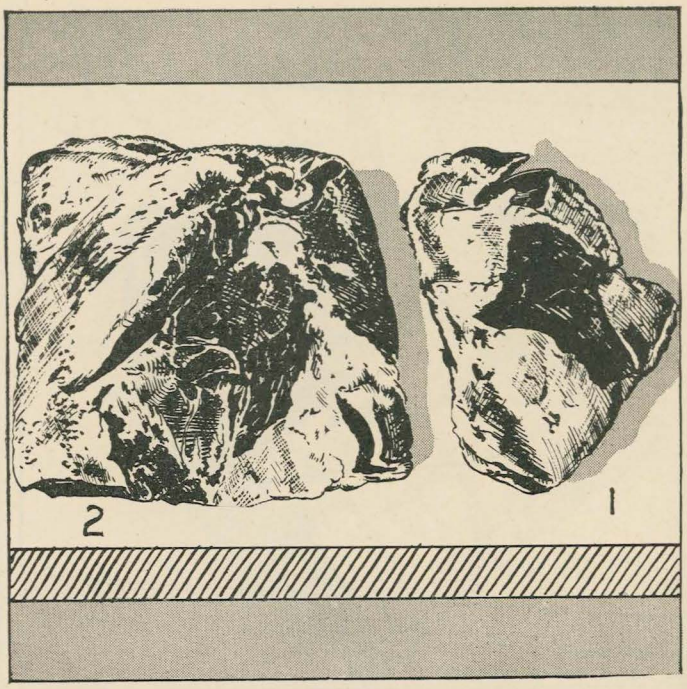
3. Cut point from brisket and divide remainder in half.

4. Roll and tie for pot roast.

BONELESS CHUCK divided into:

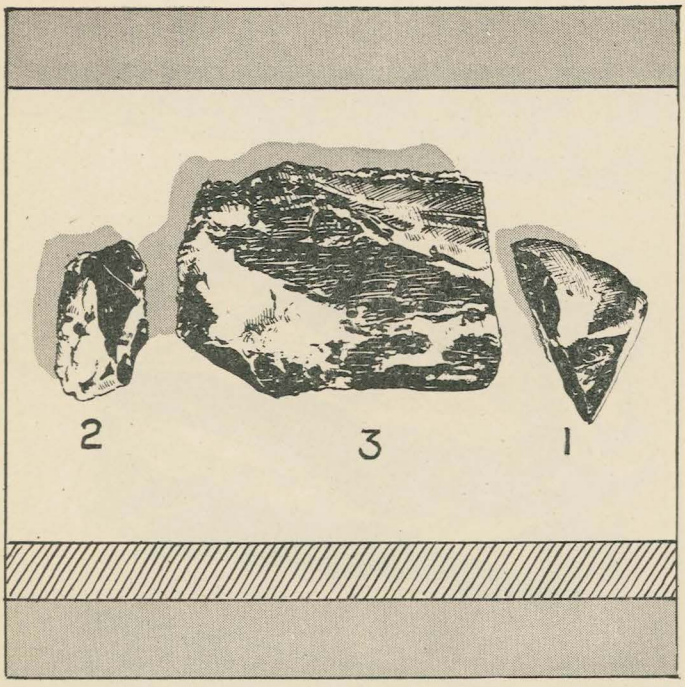
THE CLOD, for braised steaks and pot roast.

THE CHUCK, for roast, braised steaks and pot roast.

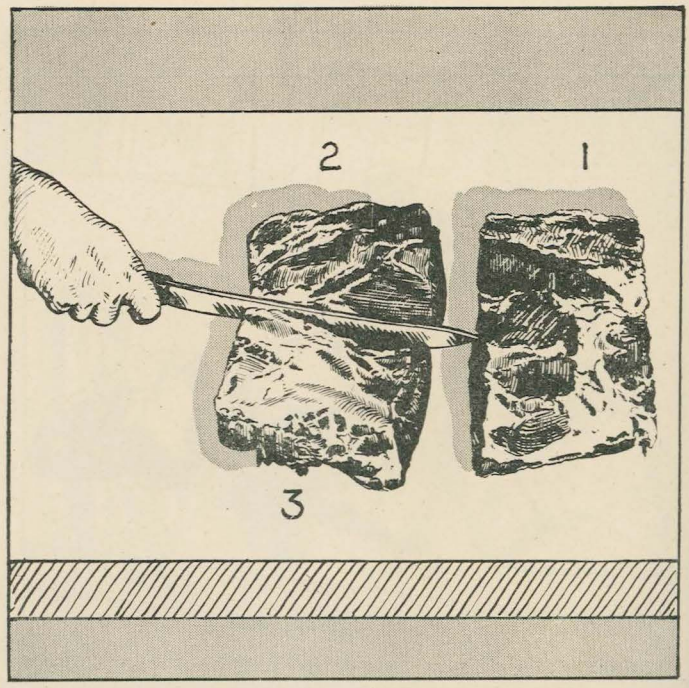


THE CLOD

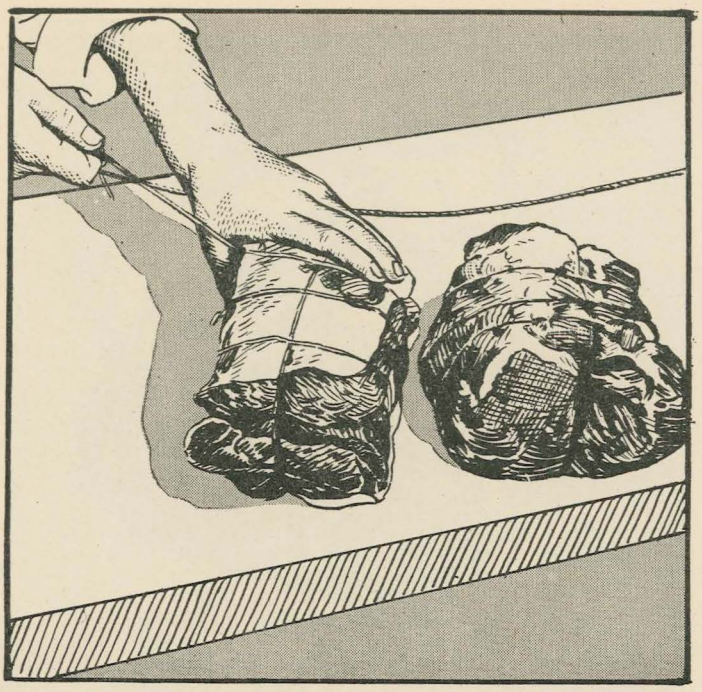
1. Boneless chuck, showing No. 1, the shoulder clod; No. 2, the chuck.



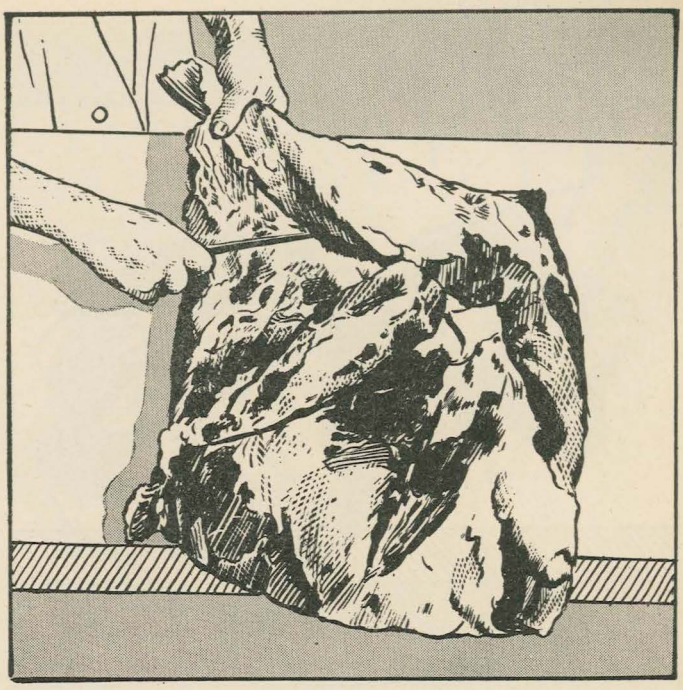
2. Cut thin meat (No. 1 and No. 2) from shoulder clod to make piece more uniform. The clod (No. 3) is ready to cut into steaks for braising, or . . .



3. Cut heavy meat (No. 1) from shoulder clod. Use for pot roasting. Cut remainder into pieces No. 2 and No. 3. Reverse ends, keeping fat covering on outside, and tie.

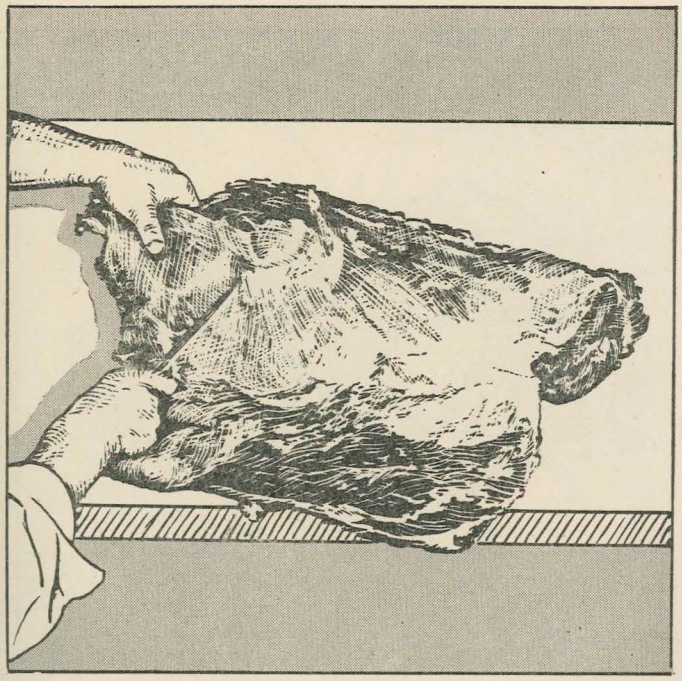


4. Shoulder clod for roasting.

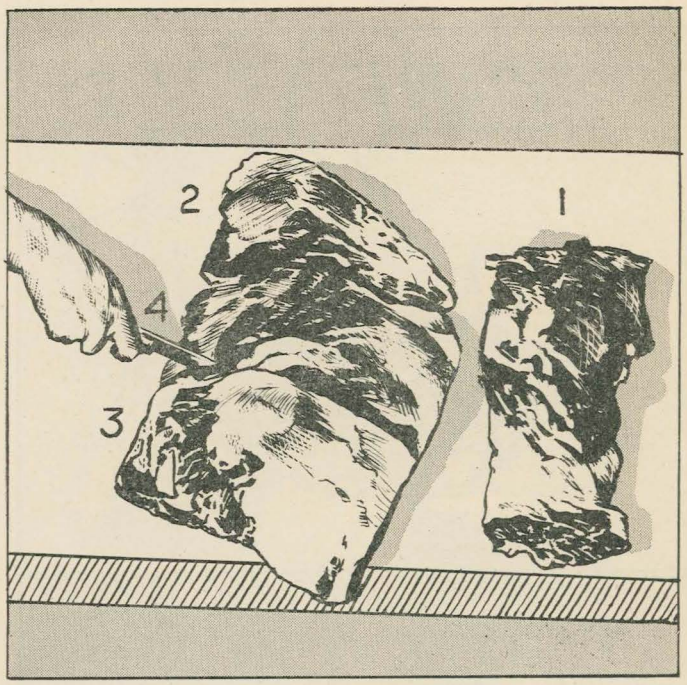


CHUCK

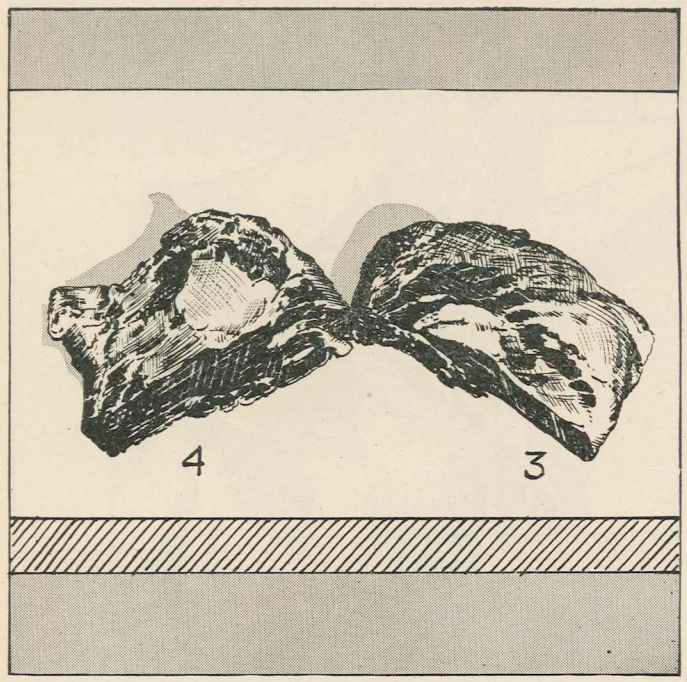
1. Follow natural seam to remove the fat pocket and thin muscle on the outside of the neck.



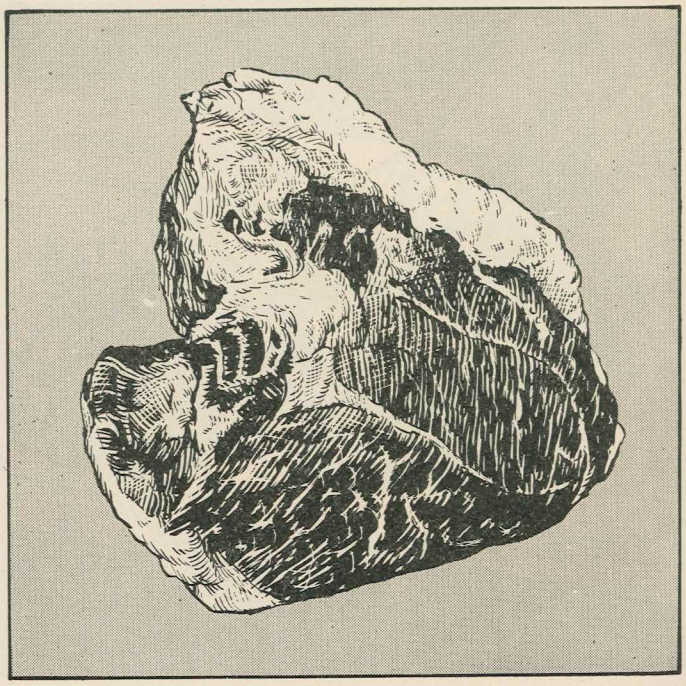
2. Remove chuck tender. Follow natural seam to remove thin muscle exposed when bladebone is cut away.



3. Trim off thin meat (No. 1 and No. 2). Use for braising. Cut remainder into two pieces (No. 3 and No. 4).

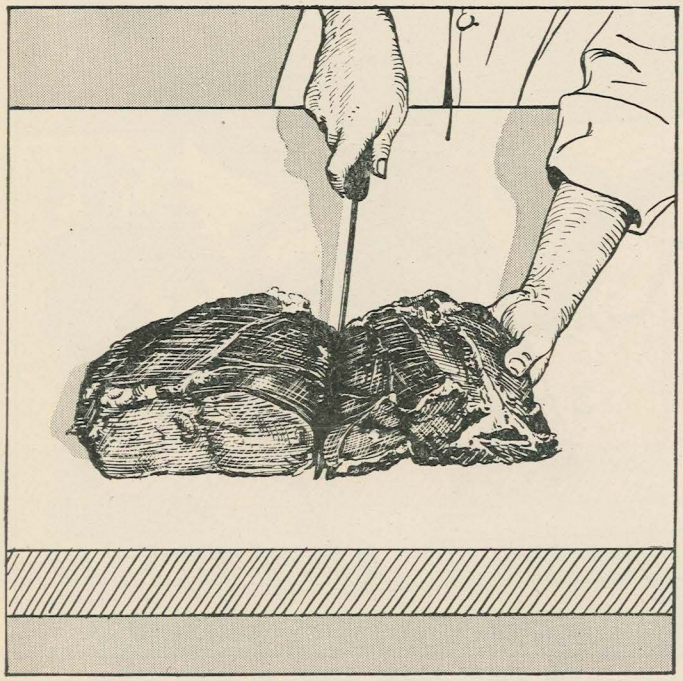


4. The inside chuck (No. 3) is used for roasting or for braised steaks. Use the boneless neck (No. 4), for braising or stewing.

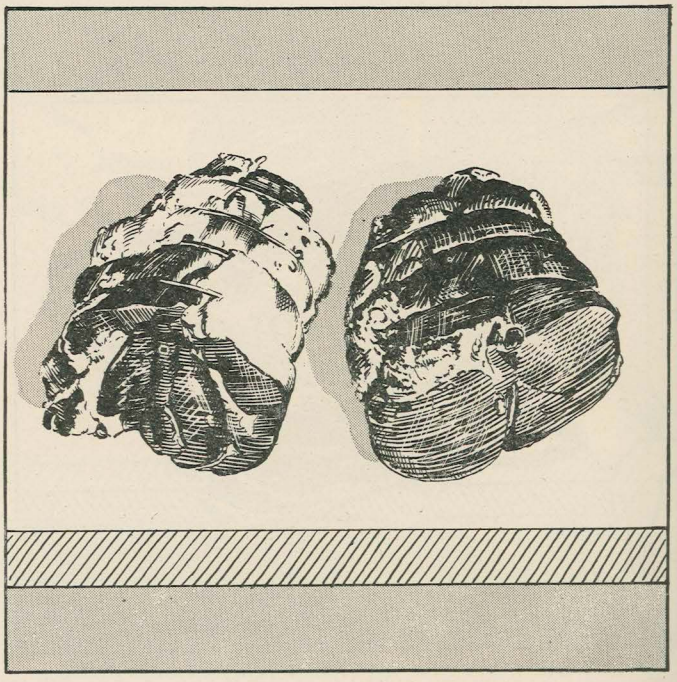


KNUCKLE (SIRLOIN TIP)

1. Shown above is the knuckle prepared for steaks.

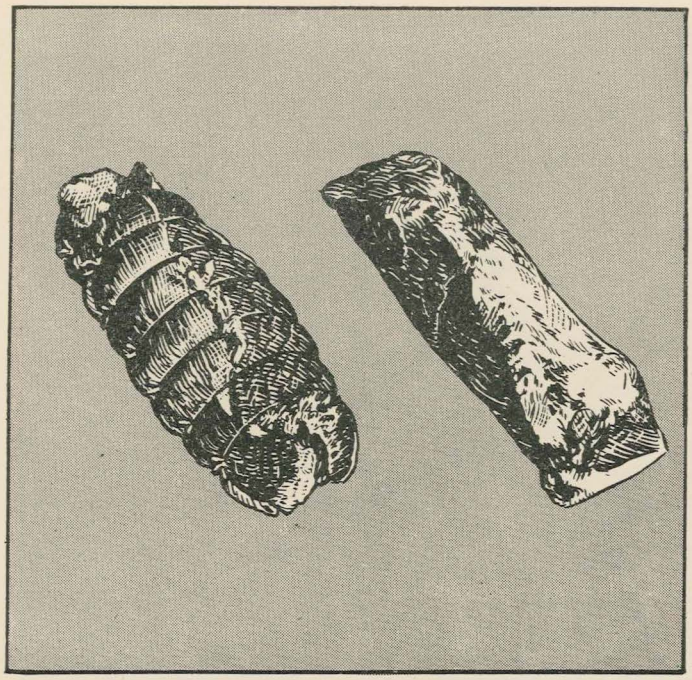


2. To prepare knuckle for roasting, split lengthwise.



3. Tie for roast as illustrated.

PREPARING FABRICATED CUTS OF BEEF FOR THE GALLEY

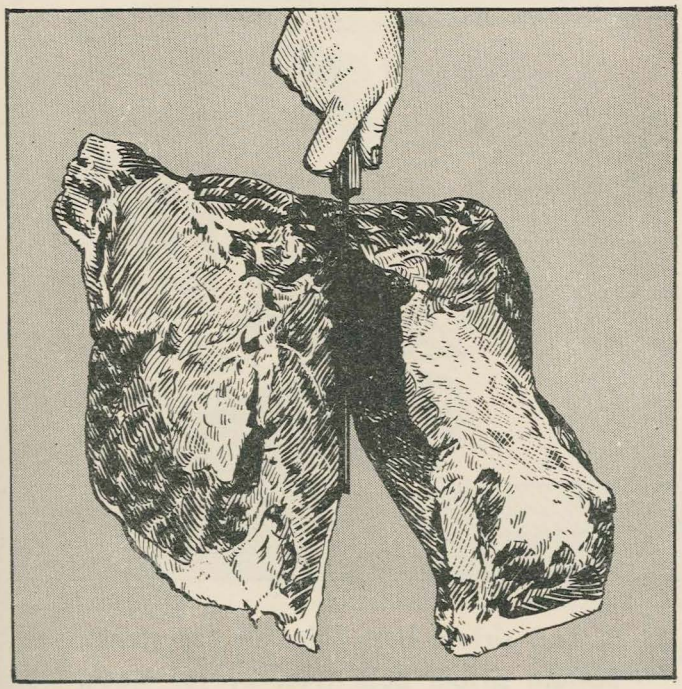


TOP (Inside) ROUND
(for roast or steak)

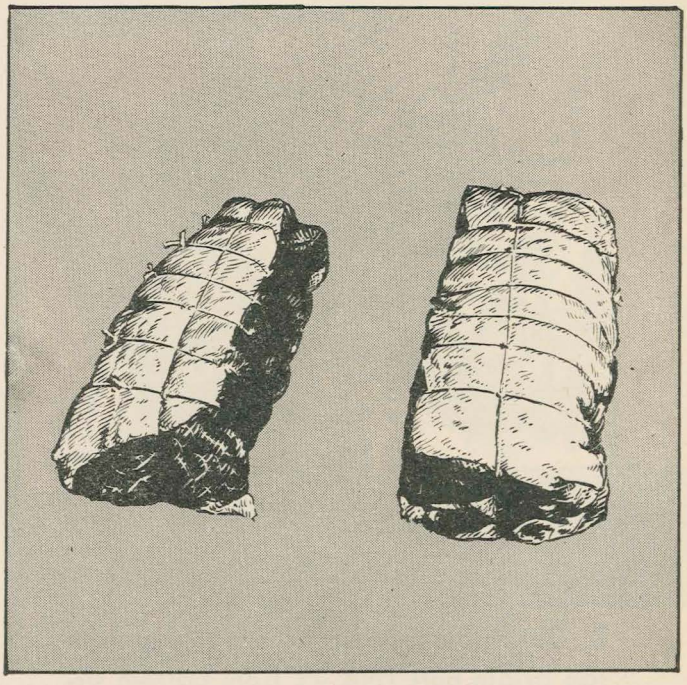
1. Split round into two pieces of equal size. Tie for roasting or cut into uniform slices for steaks.

BOTTOM (Outside) ROUND
(for roast or steak)

1. Trim off excess fat. Remove tough membrane from edge of bottom (outside) round.



2. Split bottom (outside) round into two pieces.

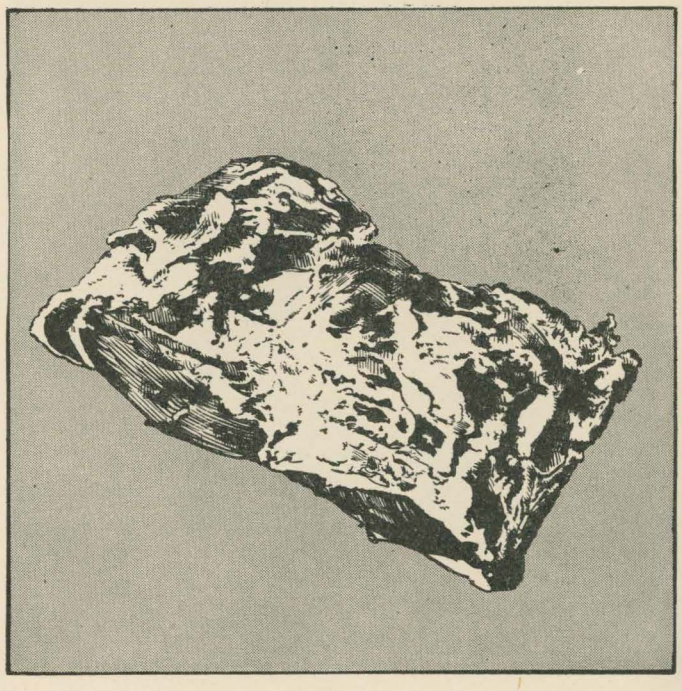


3. Tie with strings, then cut thin meat from ends.

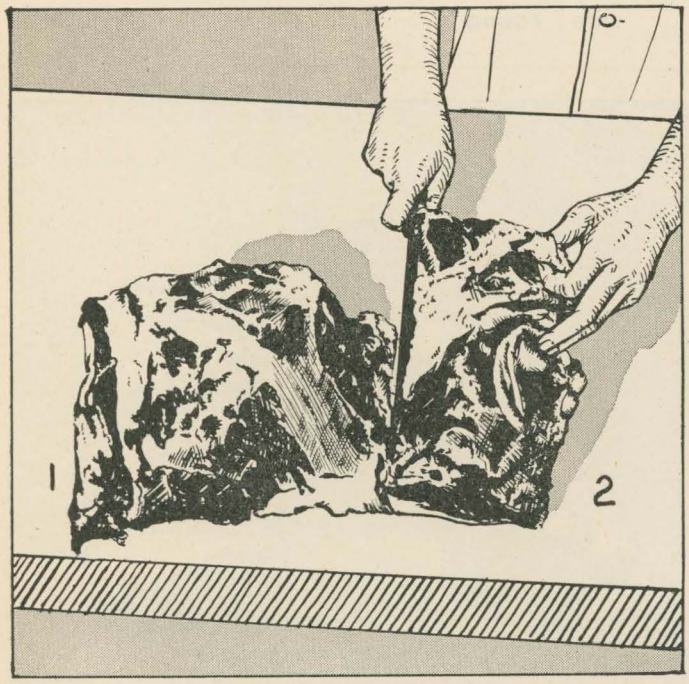
BONELESS SIRLOIN BUTT divided into:

TOP SIRLOIN BUTT, for steaks.

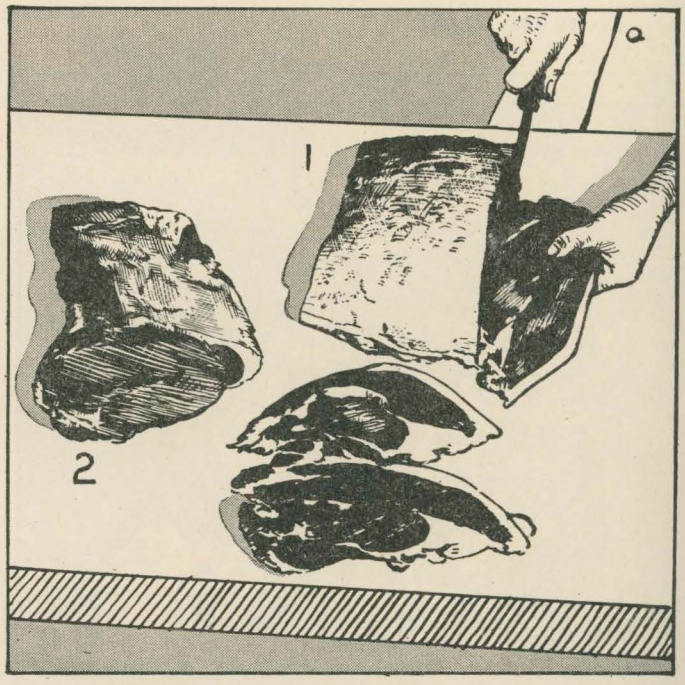
BOTTOM SIRLOIN BUTT, for steaks, braised steaks or pot roast.



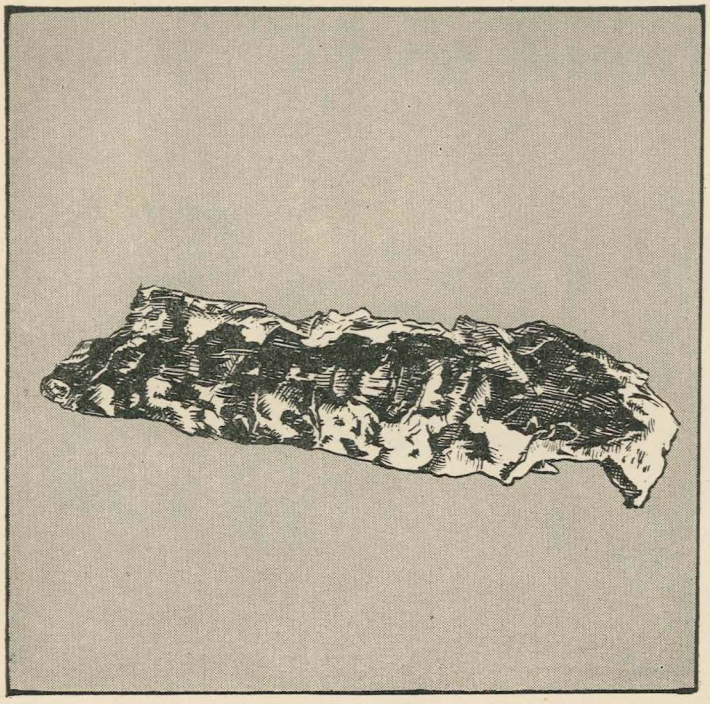
1. Boneless sirloin butt.

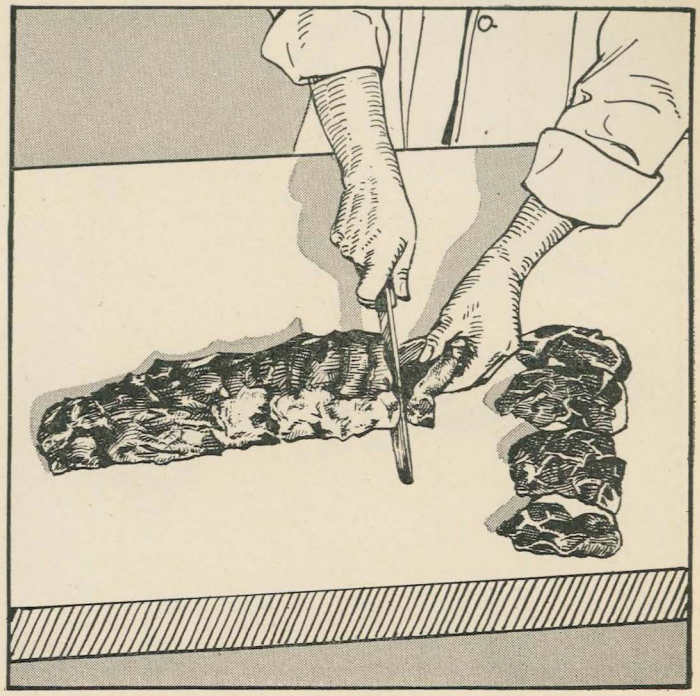


2. Cut through natural seam to separate top sirloin butt (No. 1) from bottom sirloin butt (No. 2).



3. Top sirloin butt (No. 1) for steaks. Bottom sirloin butt (No. 2) for steak, braised steaks, or pot roast.

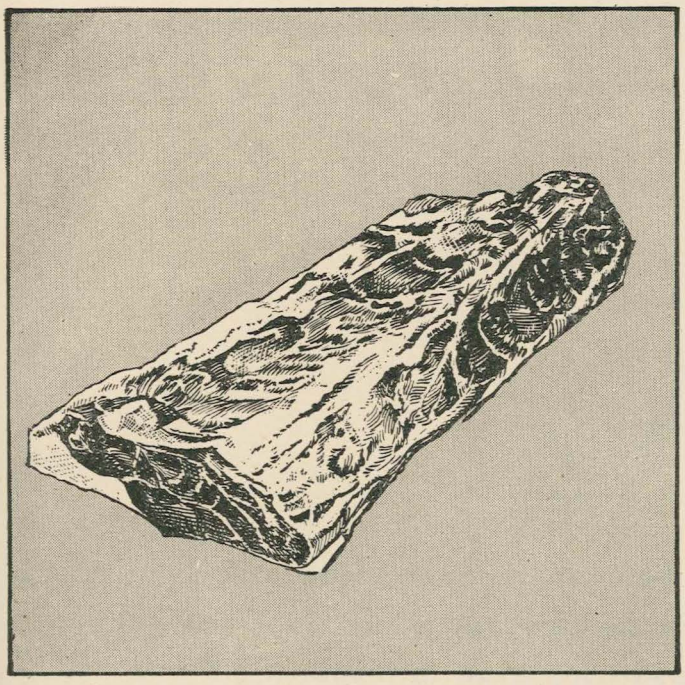


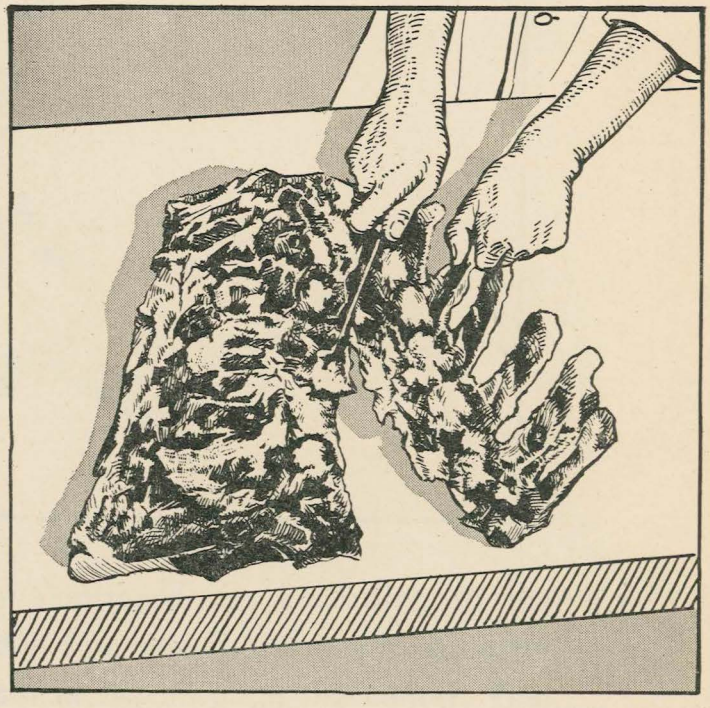


TENDERLOIN (for steak)

1. Tenderloin.

2. Tenderloin cut for steaks.

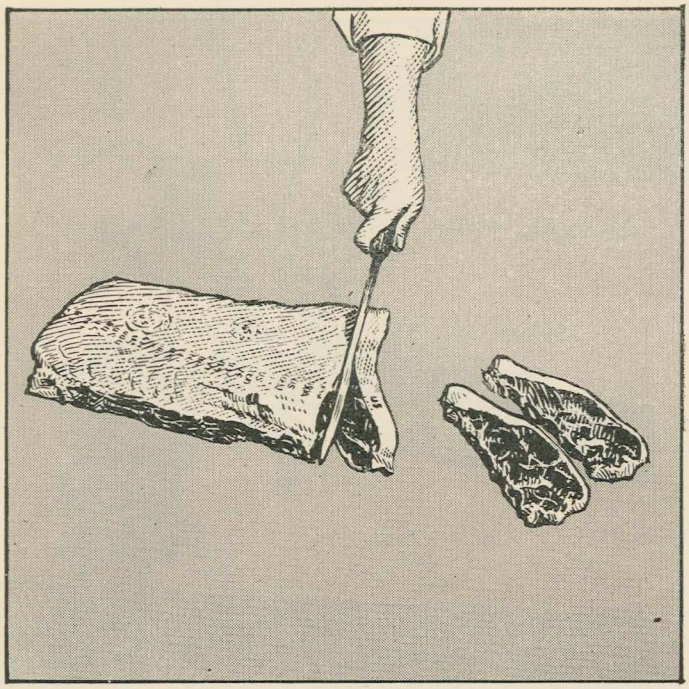




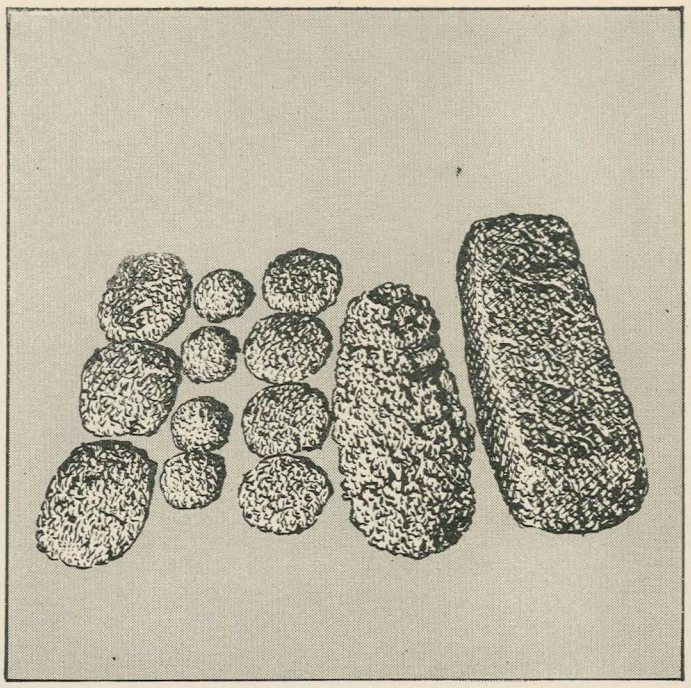
STRIP LOIN (for steak)

1. Strip loin.

2. Separate boneless strip loin from backbones and 13th. rib. Trim thin meat from flank edge.



3. Boneless strip loin for steaks.

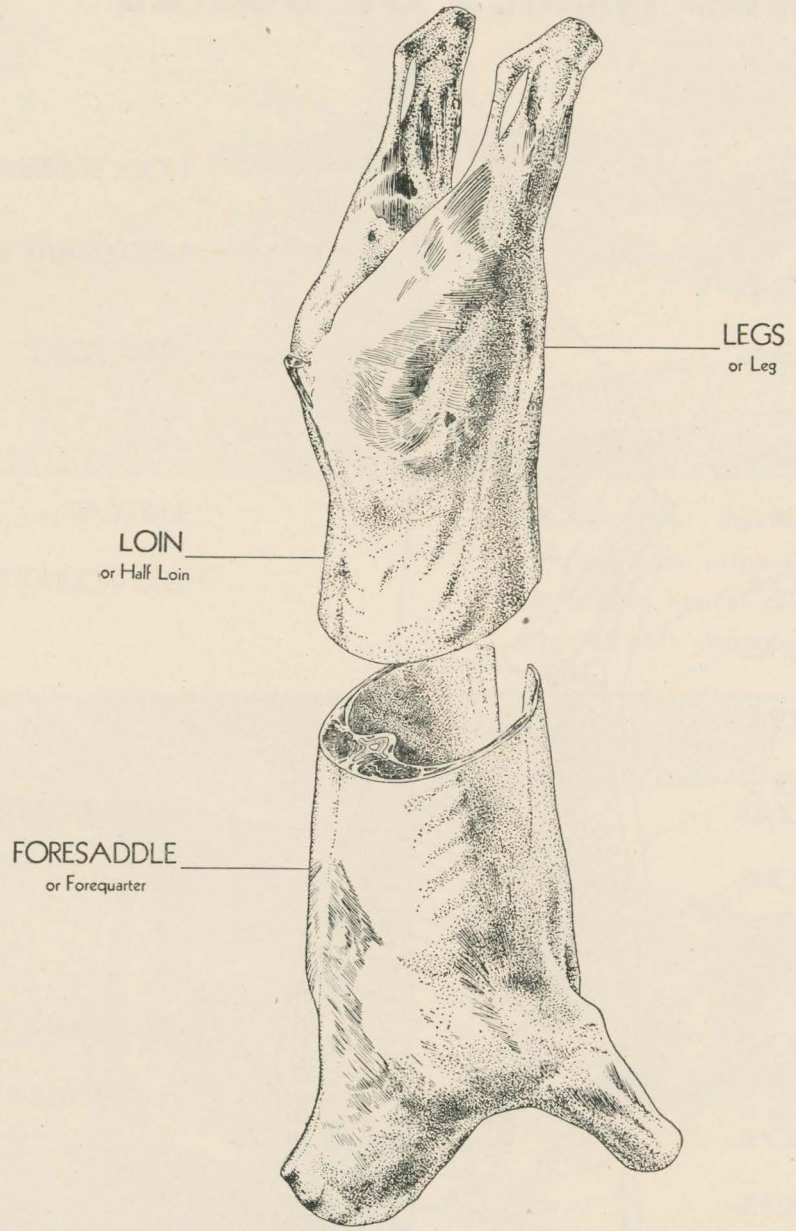


GROUND BEEF

1. The ground beef may be used for meat loaf, hamburgers, Salisbury steaks, meat balls and other ground meat dishes.

VEAL CHART

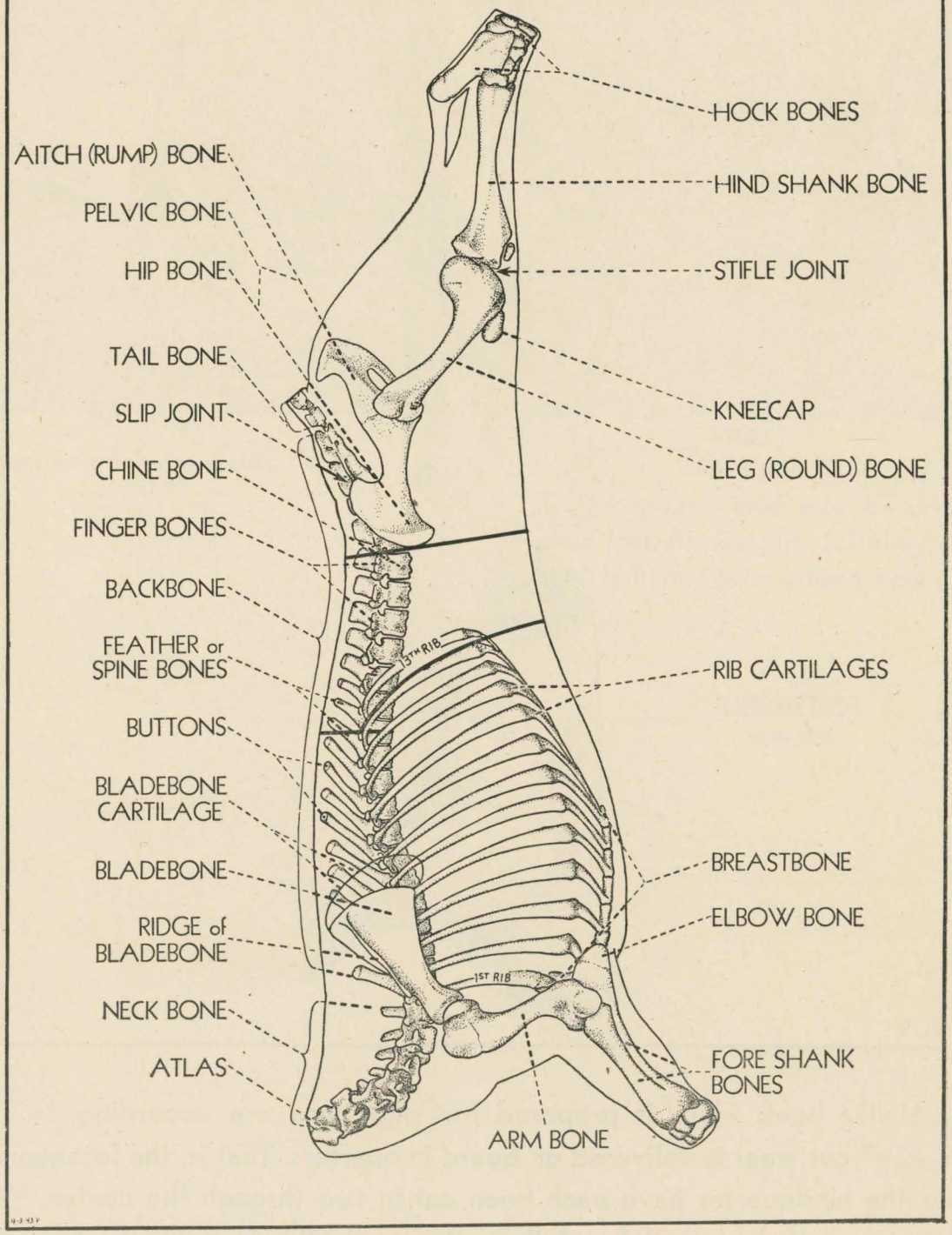
LOCATION AND NAMES OF WHOLESALE CUTS



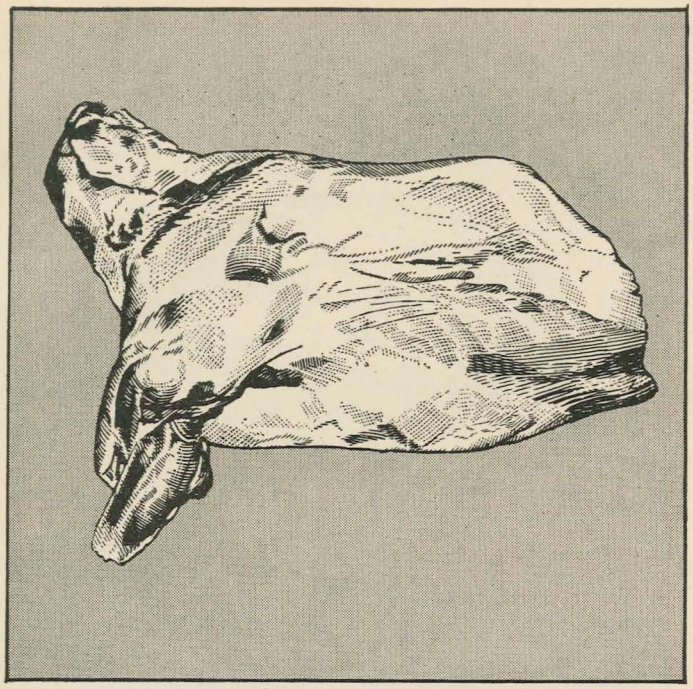
Unlike beef, which is prepared for shipboard use according to the "9-way" cut, veal is delivered on board in quarters. That is, the forequarter and the hindquarter have each been cut in two through the center. Veal is frozen and packaged for delivery to you in this form. To prepare the individual cuts for galley use, see the instructions that follow.

VEAL CHART

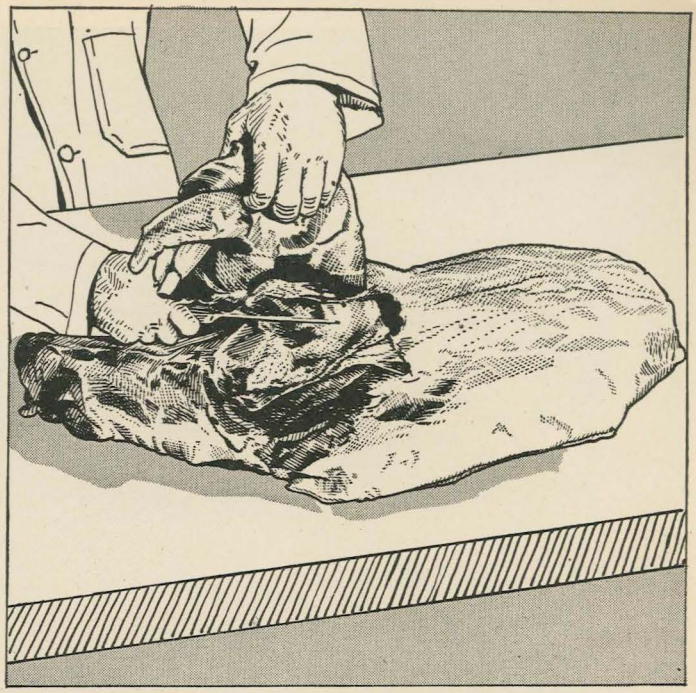
LOCATION, STRUCTURE AND NAMES OF BONES



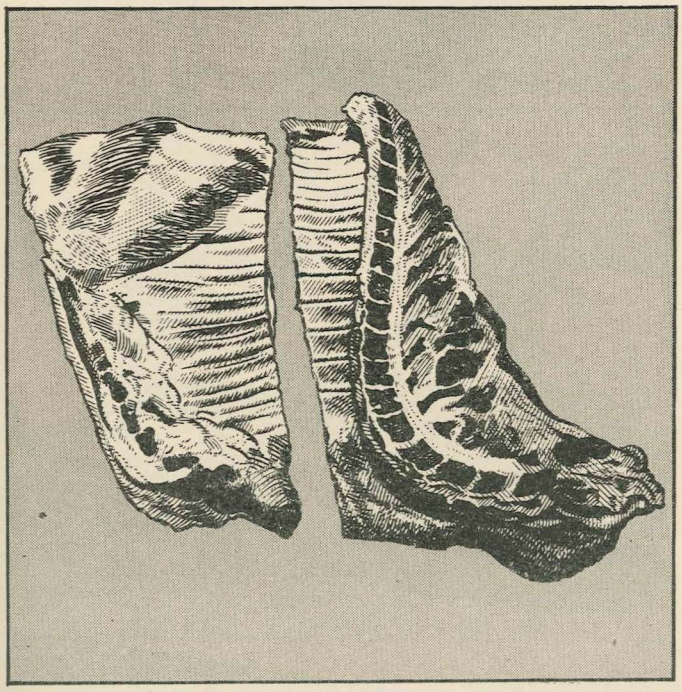
PREPARING THE FOREQUARTER OF VEAL FOR THE GALLEY



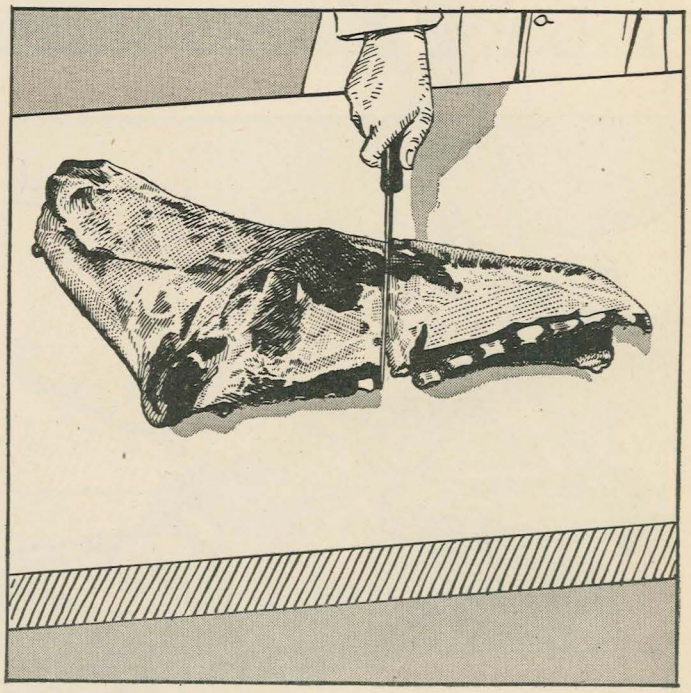
1. Veal forequarter.



2. Remove the shoulder by cutting through the natural seam separating the arm and breast and following the seam to the soft end of the bladebone.

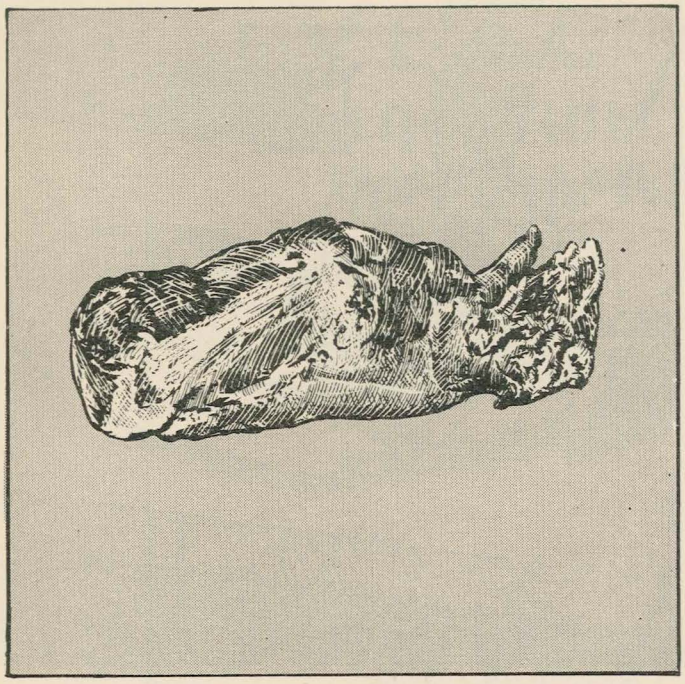


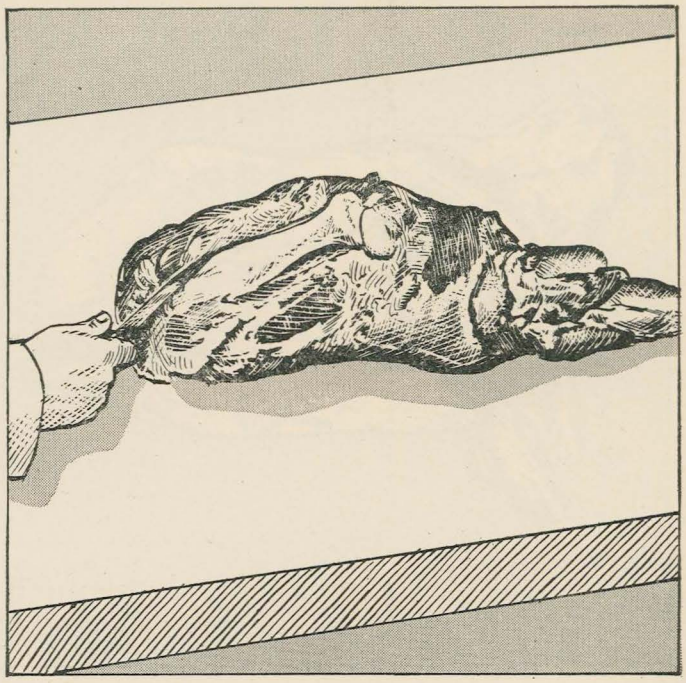
3. Saw through ribs on a line connecting points two inches from the edge of the chine bone on the first rib and two inches from the end of the eye of the rib. Remove breast by cutting through tissue.



4. Separate the neck from the rack by cutting between the 5th. and 6th. ribs and sawing through the backbone.

PREPARING THE FOREQUARTER OF VEAL FOR THE GALLEY

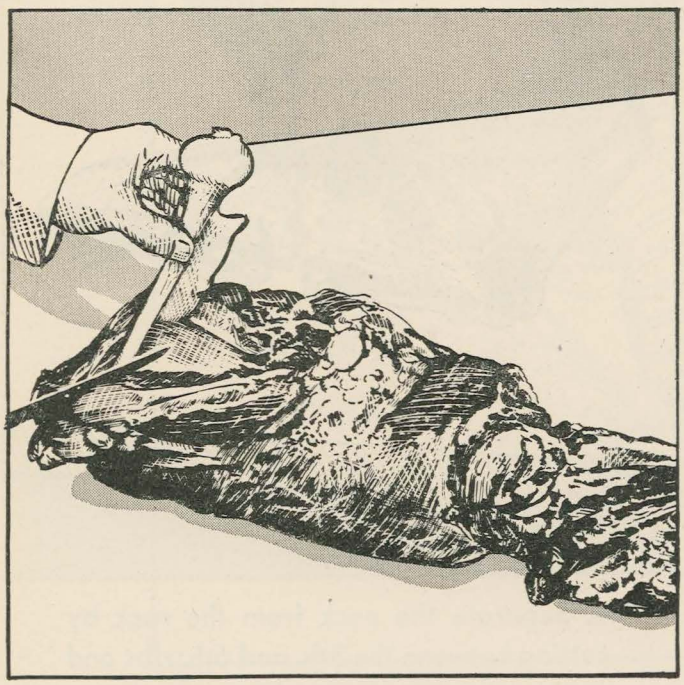


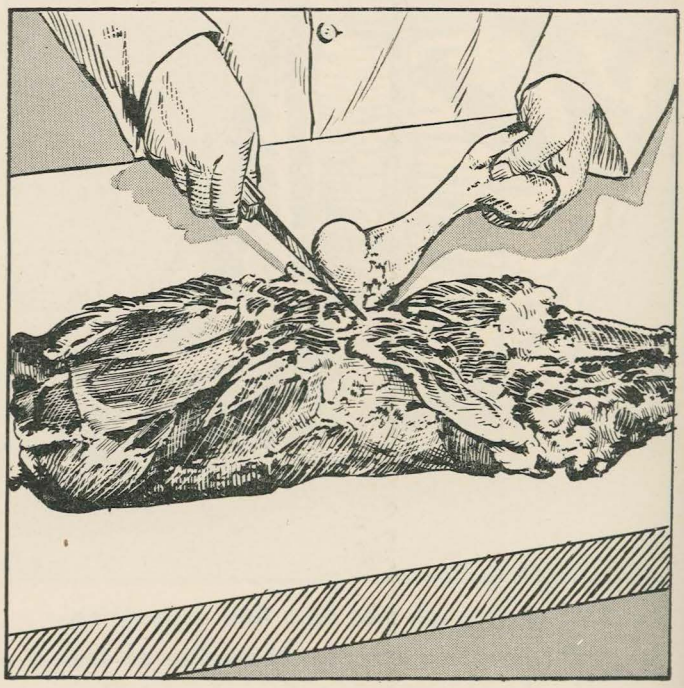


VEAL SHOULDER (for roasting)

1. Place the shoulder on the bench, skin side down.

2. Cut into the joint of the arm and bladebones and cut through the meat covering the bladebone (cut against the bone).

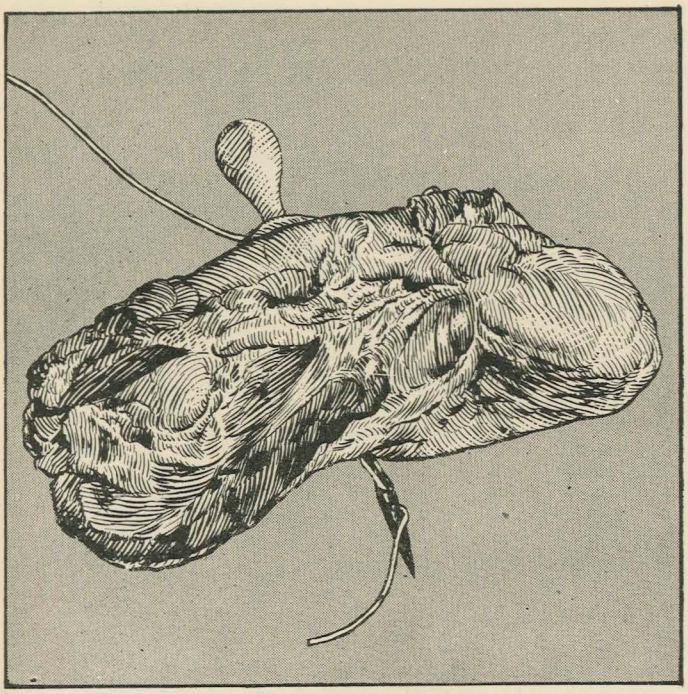




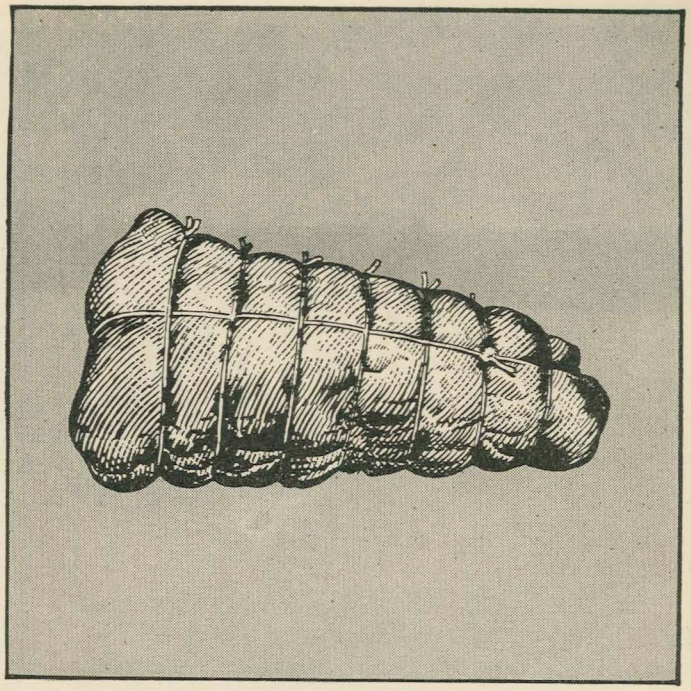
3. Cut around the bladebone joint and remove the bladebone.

4. Cut through the meat covering the arm bone and remove the bone.

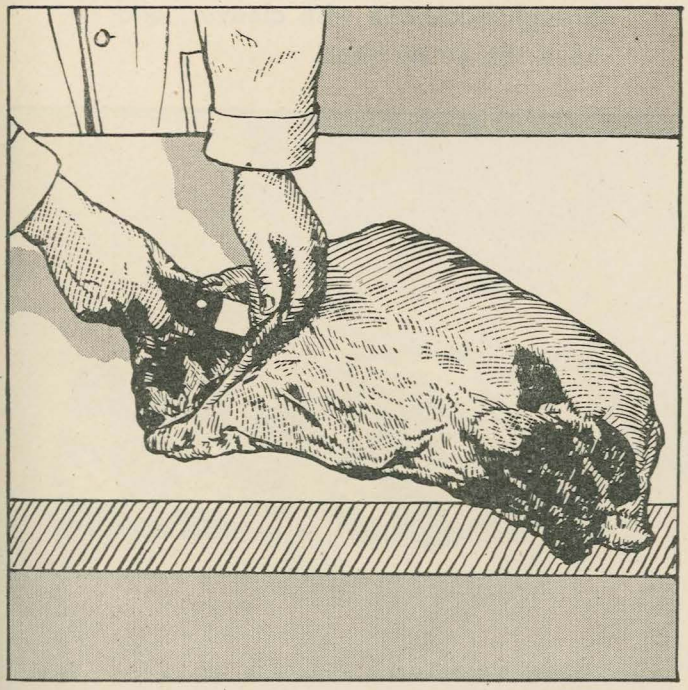
PREPARING THE FOREQUARTER OF VEAL FOR THE GALLEY

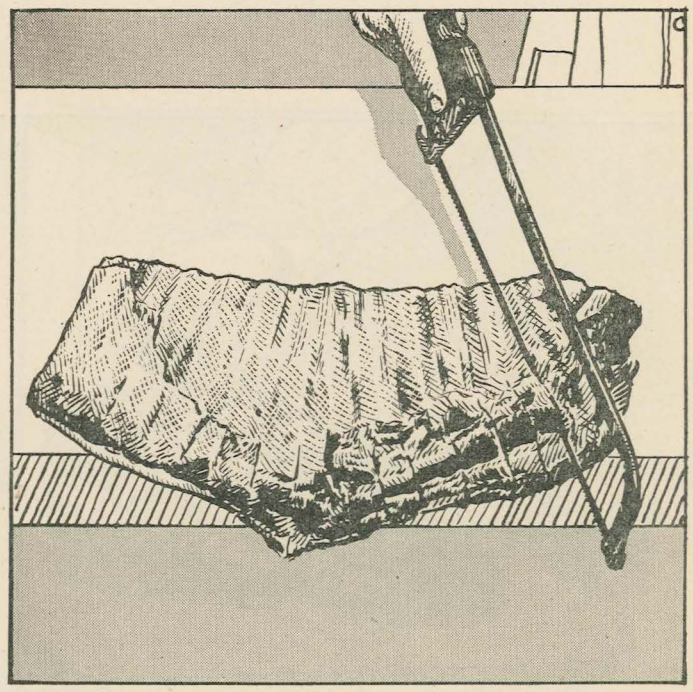


5. Fold in meat and hold by tying. Shape into a roll and tie with strings.



6. Veal shoulder for roasting.



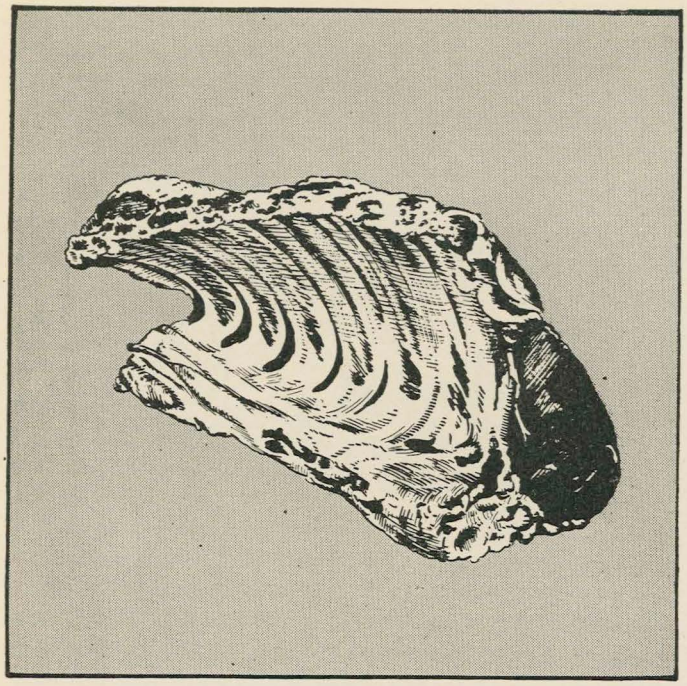


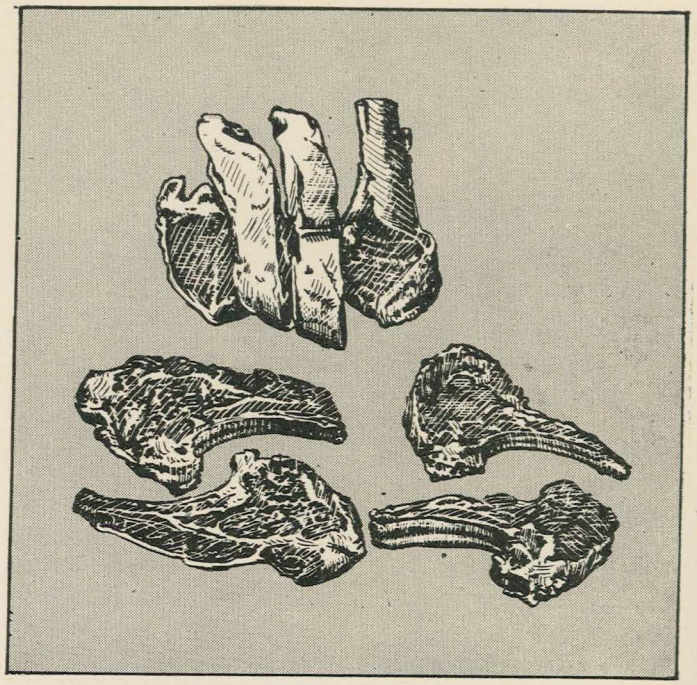
VEAL BREAST (for roasting)

1. Place breast on bench, bone side down. Remove unclean meat. Make small cut into flank end. Insert large butcher knife into cut and make pocket by separating meat from the ribs.

2. Use cleaver or saw to break through soft end of breastbone between the ribs for ease in slicing when cooked.

PREPARING THE FOREQUARTER OF VEAL FOR THE GALLEY

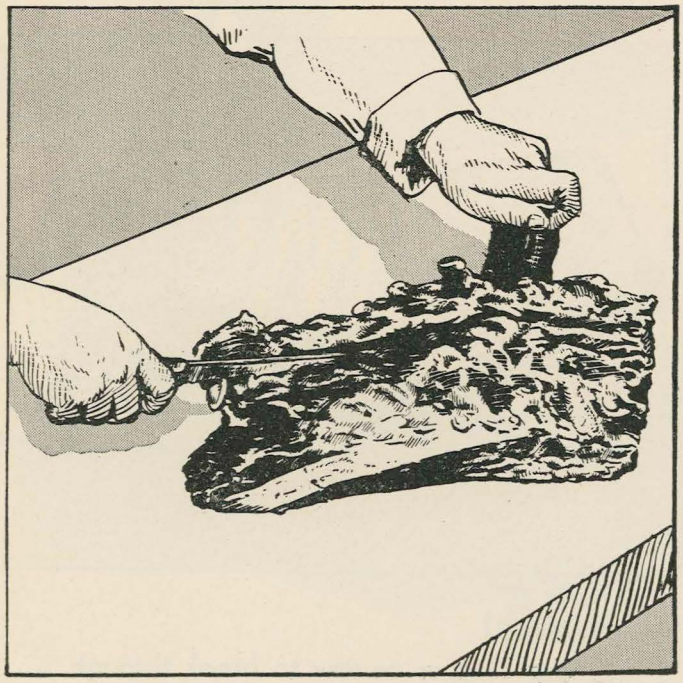




VEAL RACK (for chops)

1. Place the rack on block, backbone down.

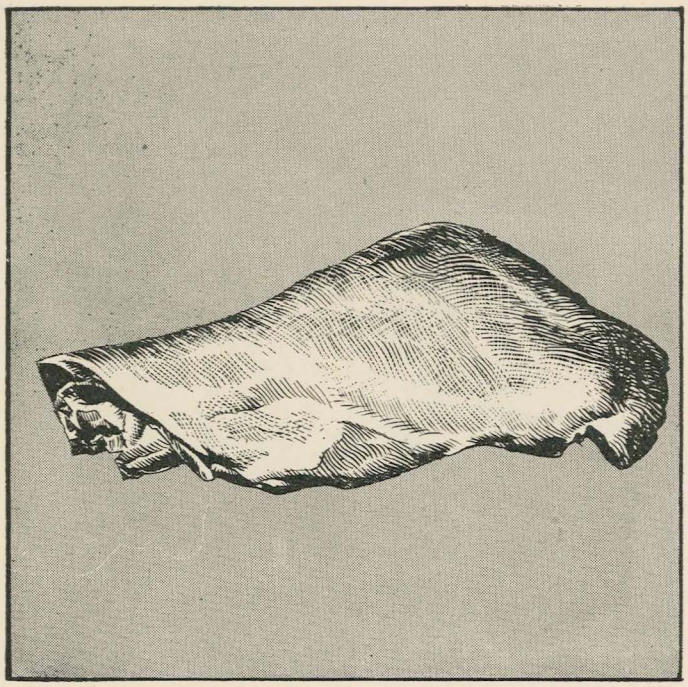
2. Cut into chops by cutting along rib bones. Complete each chop by cutting through backbone with cleaver, and remove the chine bone.



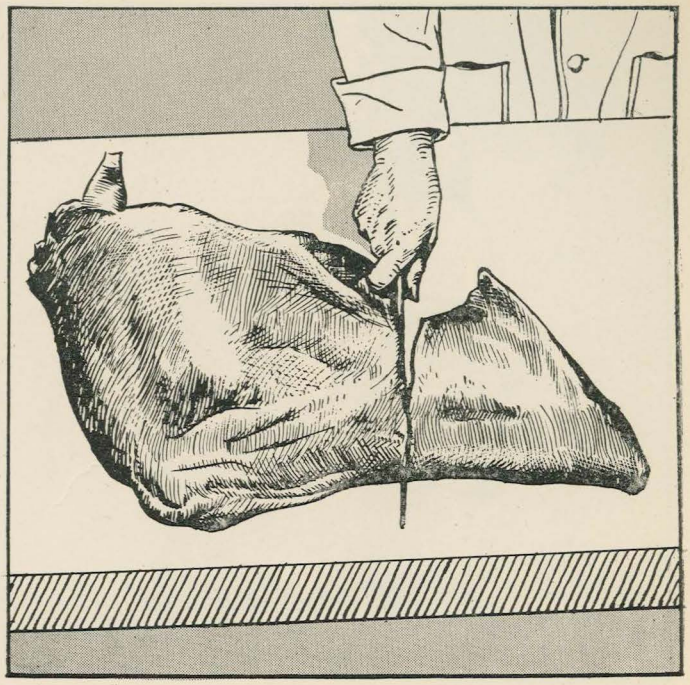
VEAL NECK (for stew)

1. Place neck on bench, bone side up. Remove unclean meat. Scrape knife along rib bones to loosen meat and pull the rib bones from the meat. Loosen meat from throat side of neck bones to remove. Remove backstrap. At right is veal neck cut for stew.

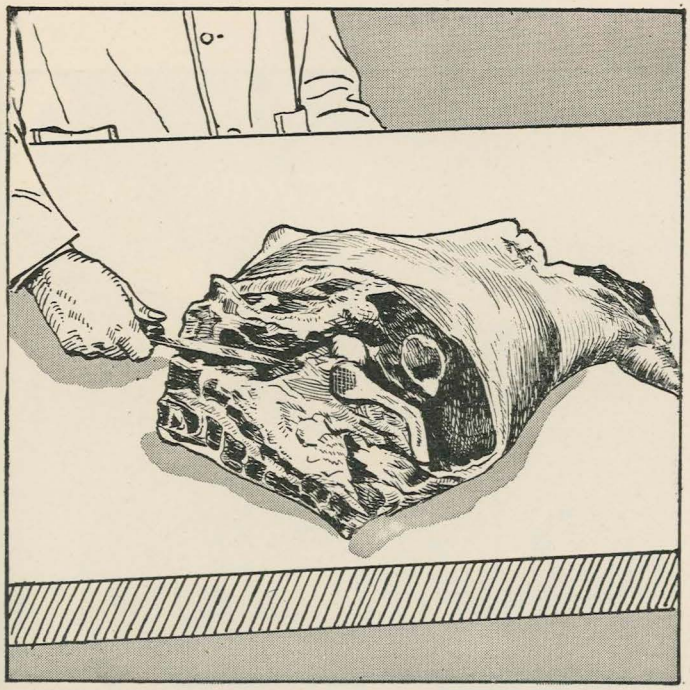
PREPARING THE HINDQUARTER OF VEAL FOR THE GALLEY



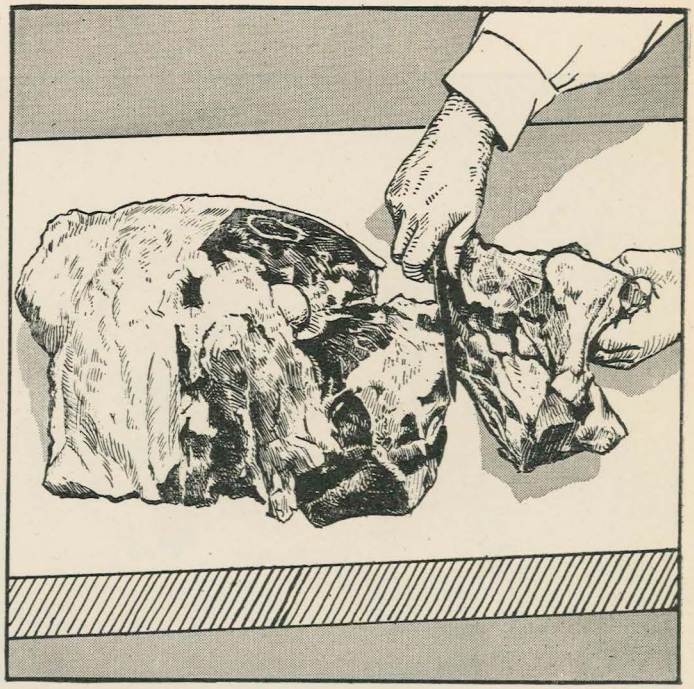
1. Hindquarter of veal.



2. Separate the leg from the loin by cutting through the meat close to the hip bone. Saw through backbone.

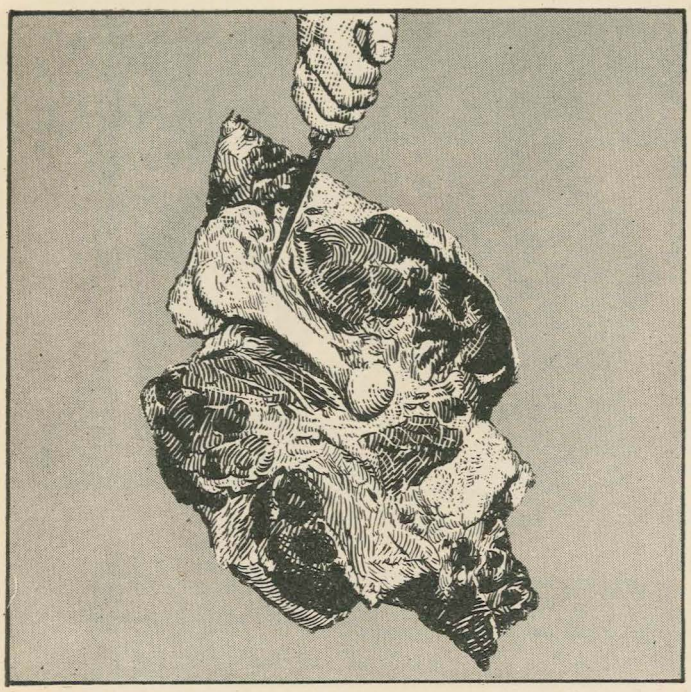


3. Loosen the meat around the pelvic bone as illustrated.



4. Remove the pelvic bone and backbone by cutting through the knuckle joint close to the aitch bone.

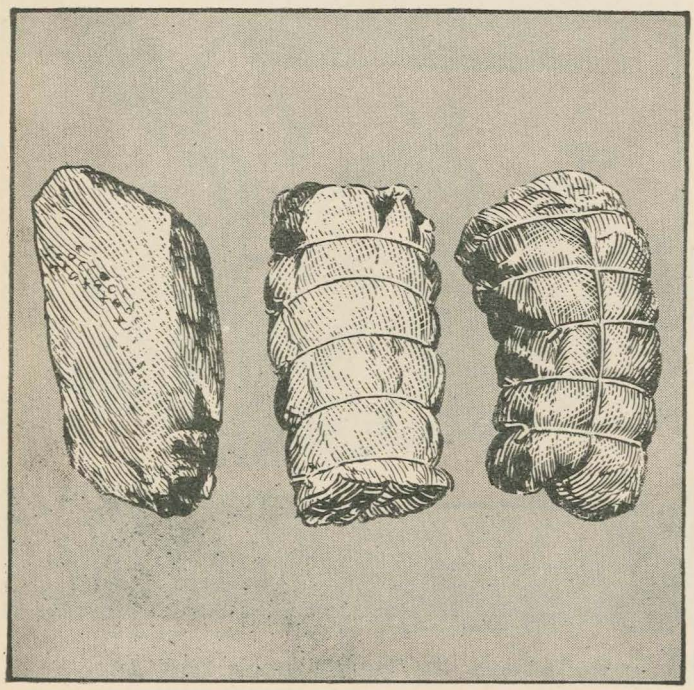
PREPARING THE HINDQUARTER OF VEAL FOR THE GALLEY

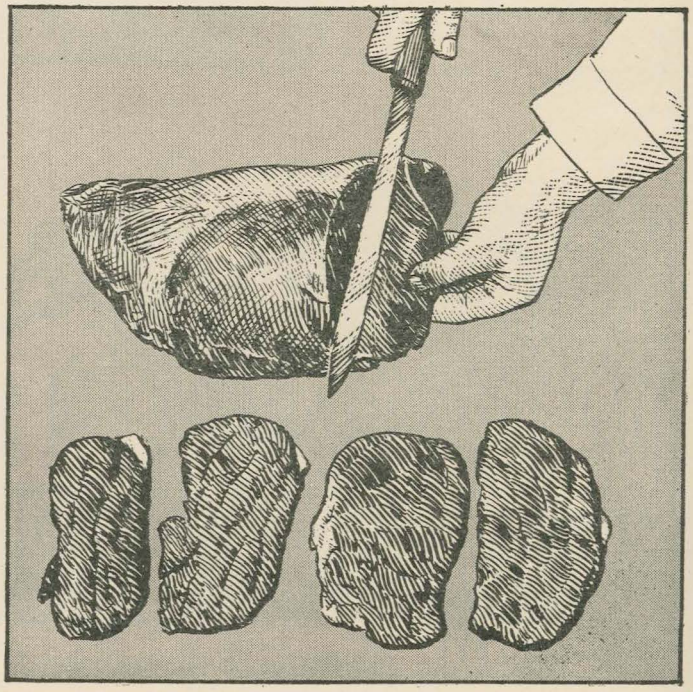


LEG (for roast)

1. Remove the leg bone by cutting through the meat to the bone and cutting along the bone. Leave the kneecap attached to the leg bone.

2. Cut boneless leg into three equal parts as shown above.

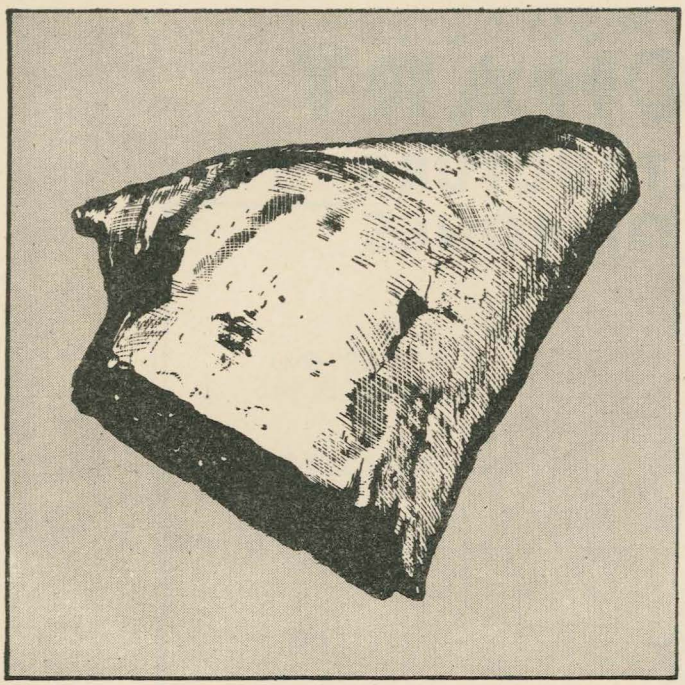


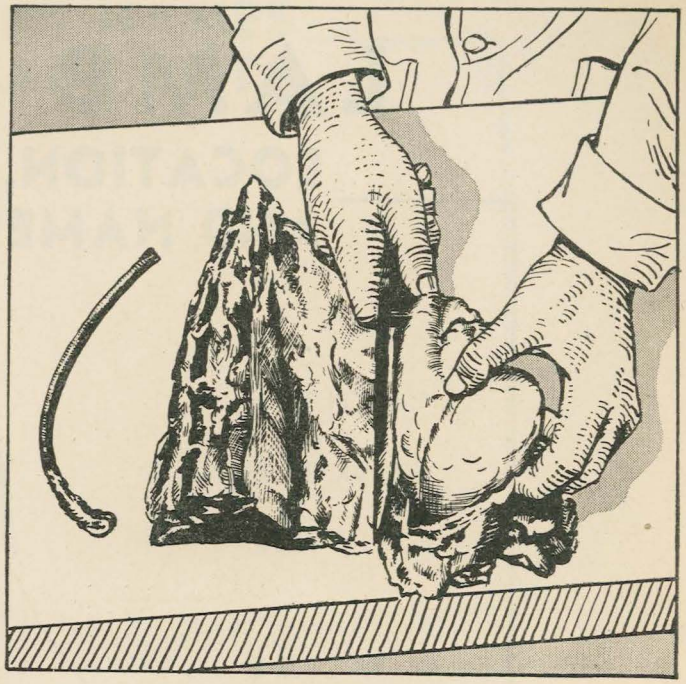


3. Cover the meat with pieces of sliced fat. Roll, shape and tie for roasting.

4. Boneless pieces may be sliced for cutlets as illustrated above.

PREPARING THE HINDQUARTER OF VEAL FOR THE GALLEY

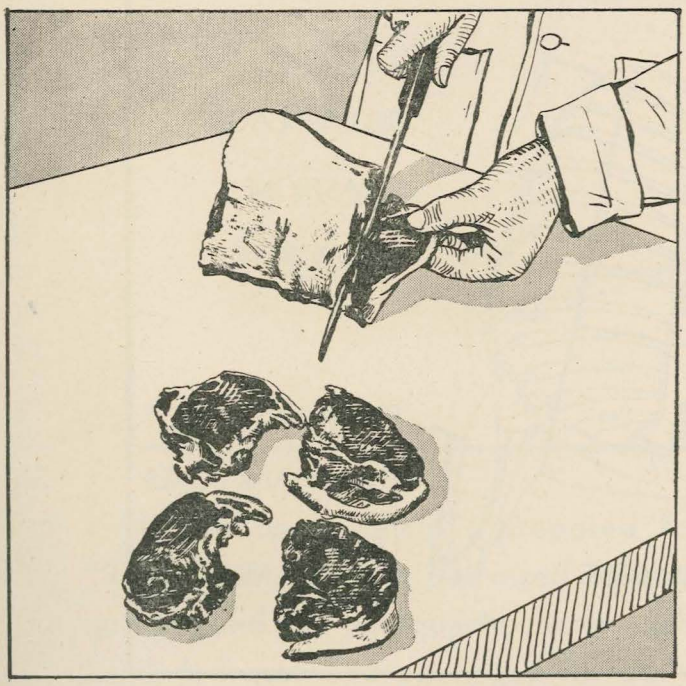




LOIN (for chops)

1. Loin of veal.

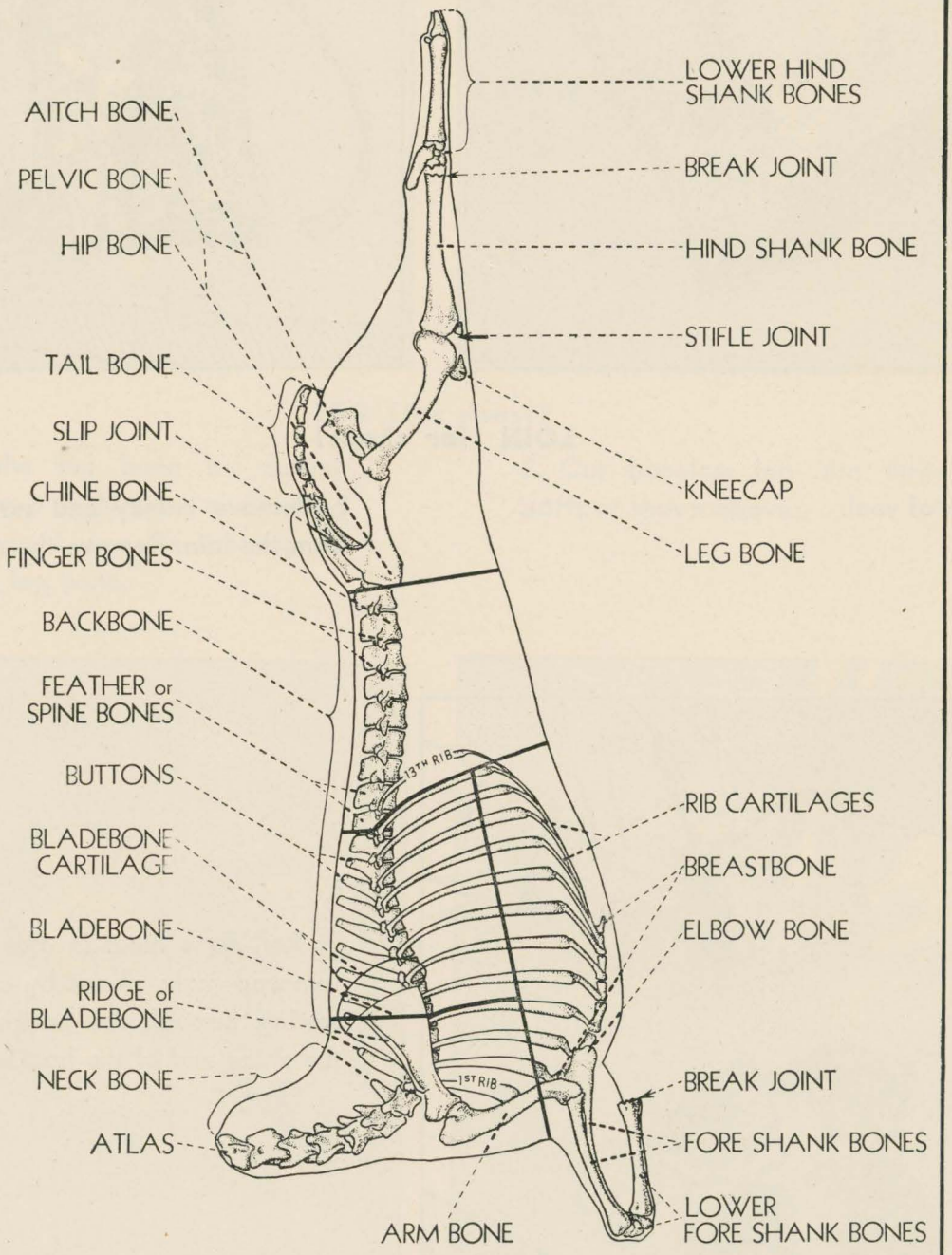
2. Remove kidney and surrounding fat from the loin. Remove the rib bone.



3. Roll flank meat in along the tenderloin and make chops by cutting to and sawing through the backbone. Remove the chine end of the backbone.

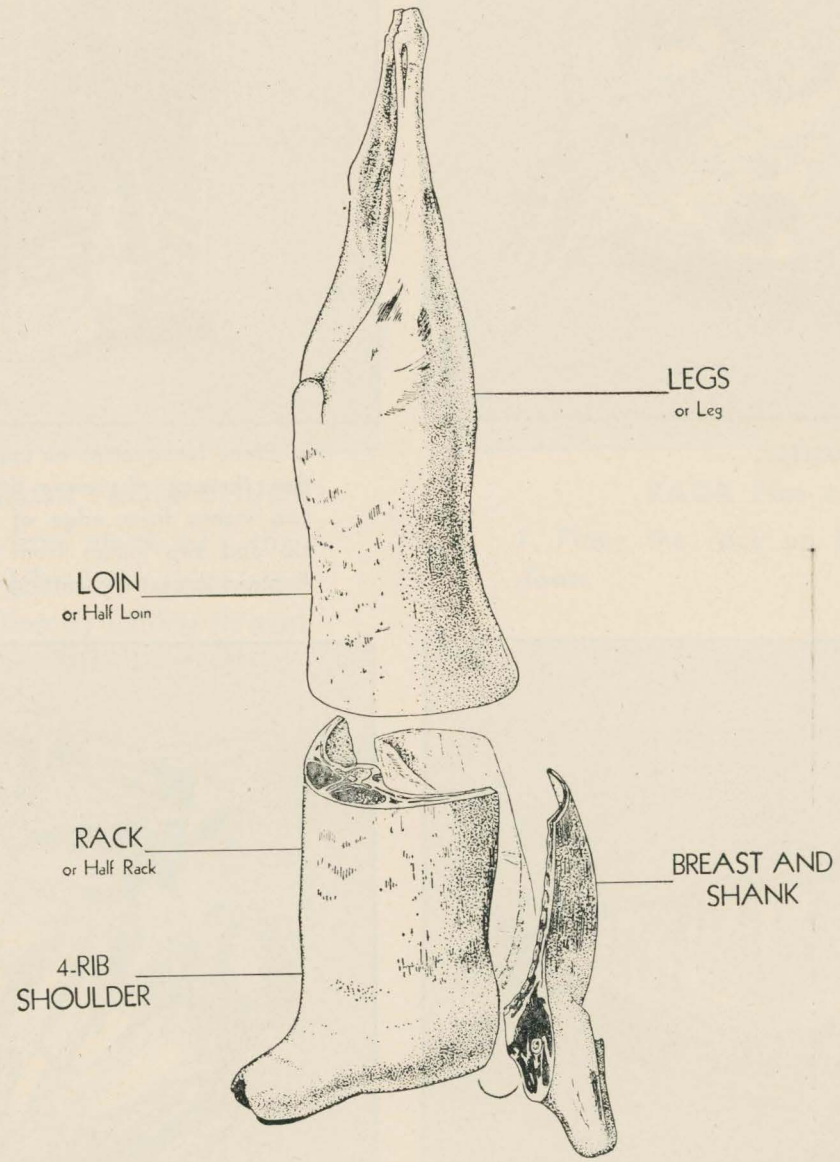
LAMB CHART

LOCATION, STRUCTURE AND NAMES OF BONES



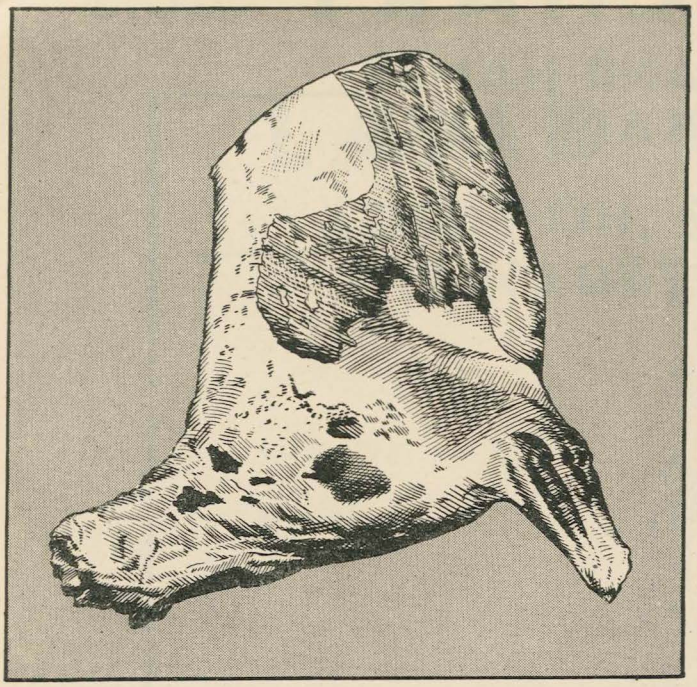
LAMB CHART

LOCATION AND NAMES OF WHOLESALE CUTS

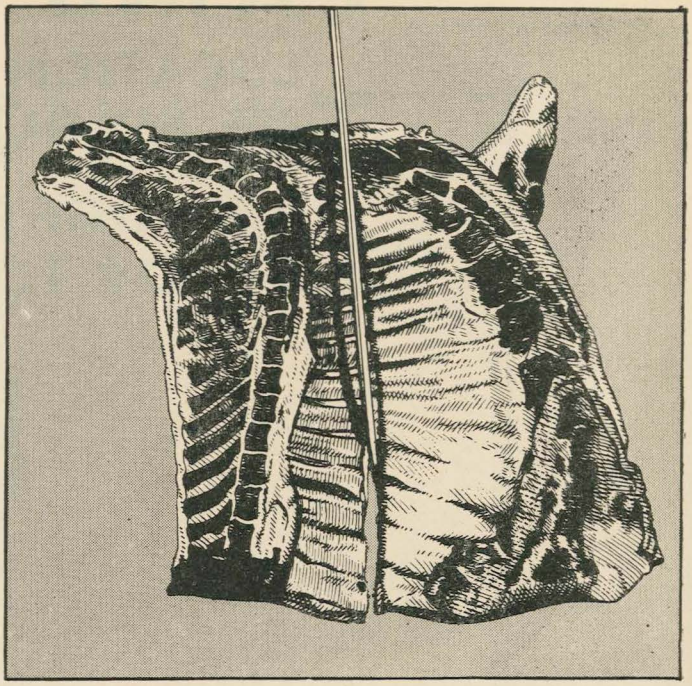


Unlike beef, which is prepared for shipboard use according to the "9-way" cut, lamb is delivered on board in quarters. That is, the forequarter and the hindquarter have each been cut in two through the center. Lamb is frozen and packaged for delivery to you in this form. To prepare the individual cuts for galley use, see the instructions that follow.

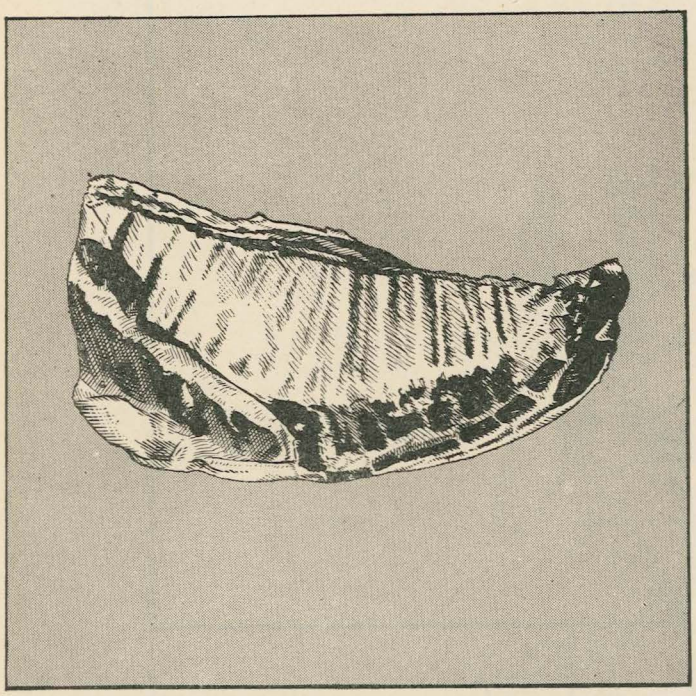
PREPARING THE FOREQUARTER OF LAMB FOR THE GALLEY

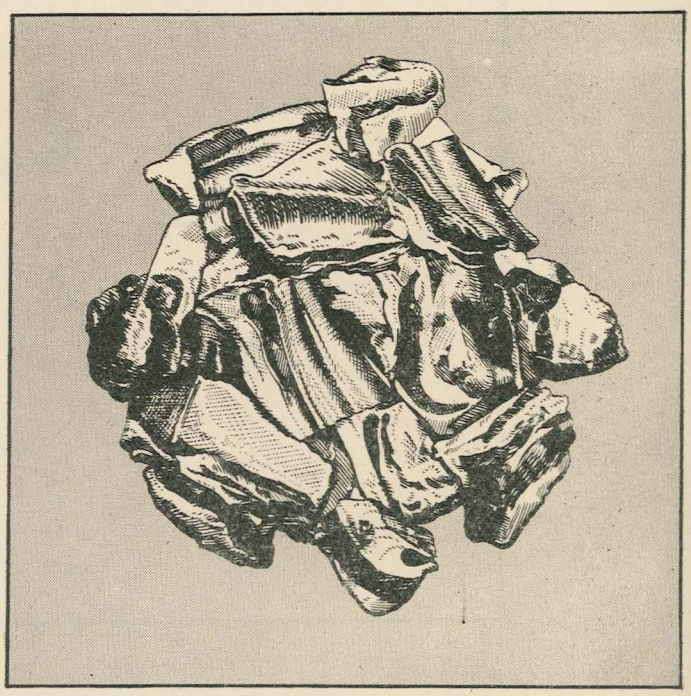


1. Lamb forequarter.



2. Place forequarter on bench, meat side down. Saw through ribs on a line connecting points two inches from edge of chine bone on first rib and two inches from end of eye of rib. Remove breast by cutting through tissue.



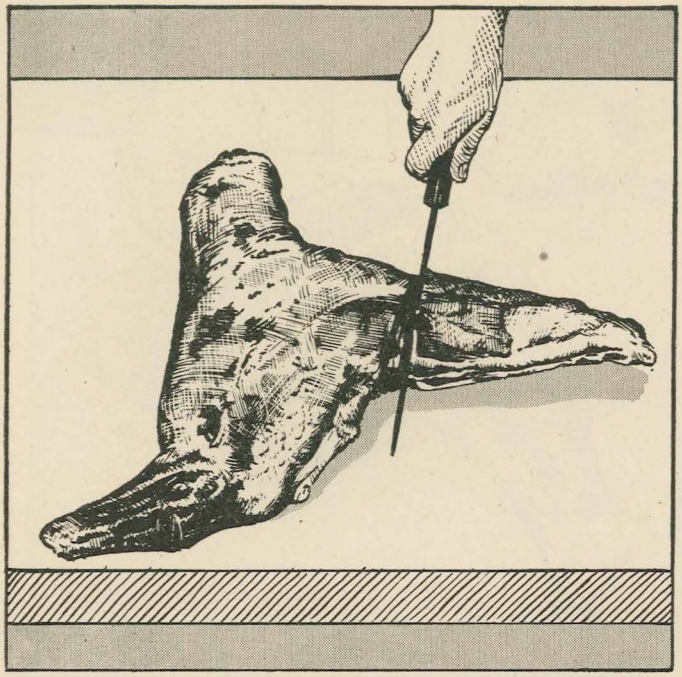


THE BREAST

1. The breast.

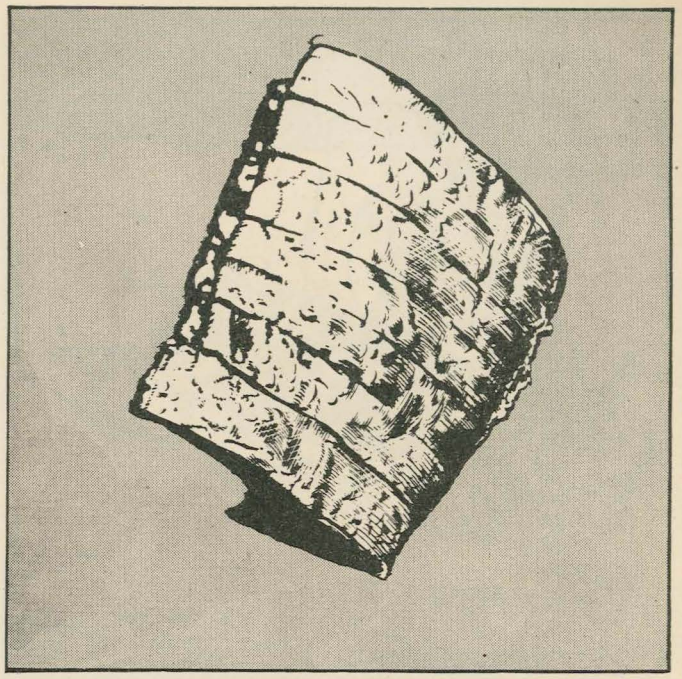
2. Cut into two-inch squares for stewing, or prepare with pocket for roasting. (Use same procedure as for veal breast, picture No. 1, page 289.

PREPARING THE FOREQUARTER OF LAMB FOR THE GALLEY



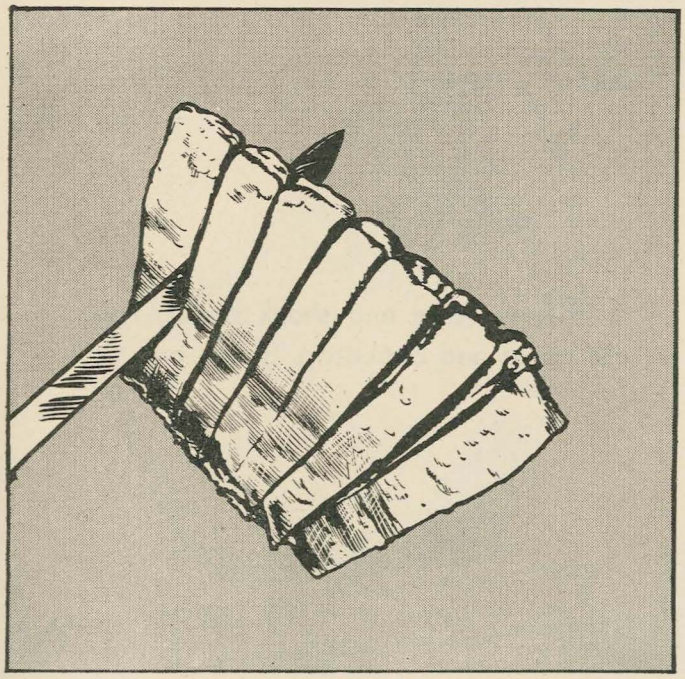
SEPARATING RACK FROM CHUCK

1. Separate rack from chuck by cutting between 5th. and 6th. ribs to chine bone. Complete separation by cutting through chine bone. Remove fell (outer skin).

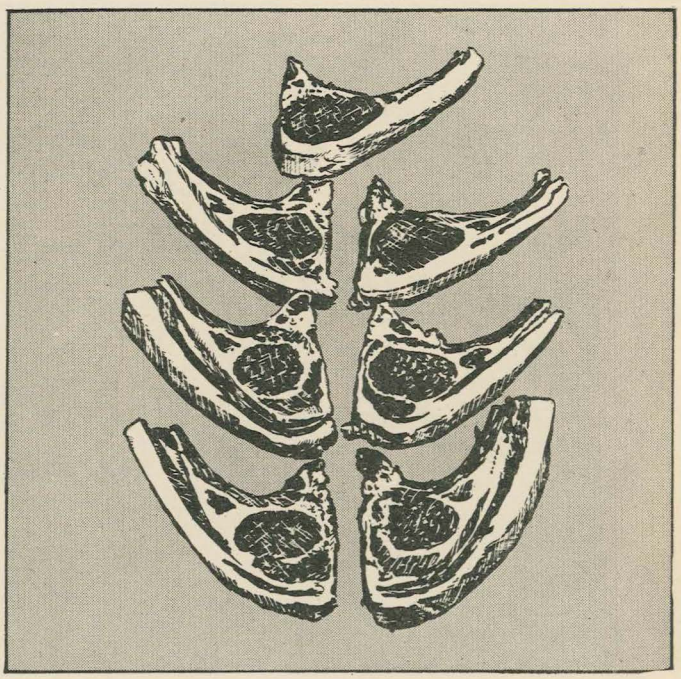


RACK (for chops)

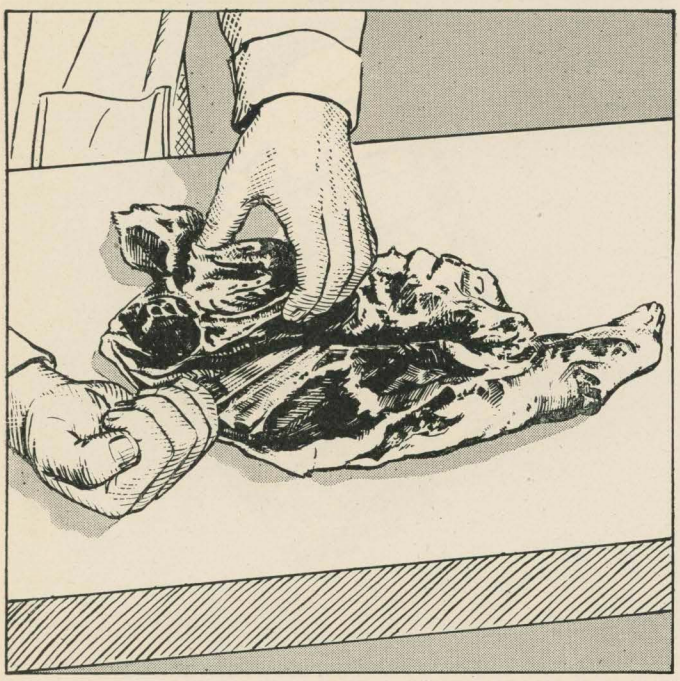
1. Place the rack on block, backbone down.

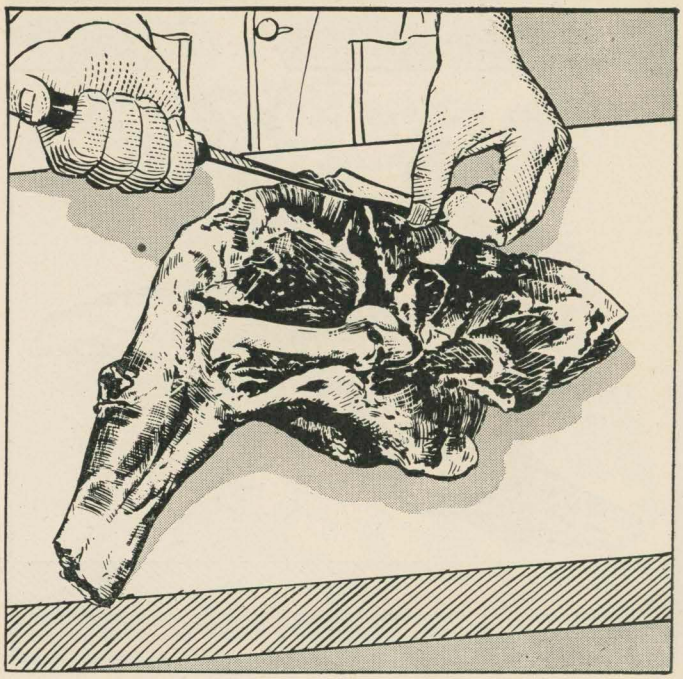


2. Cut into chops by cutting along rib bones. Complete each chop by cutting through backbone with cleaver and removing the chine bone.



3. Rib lamb chops.

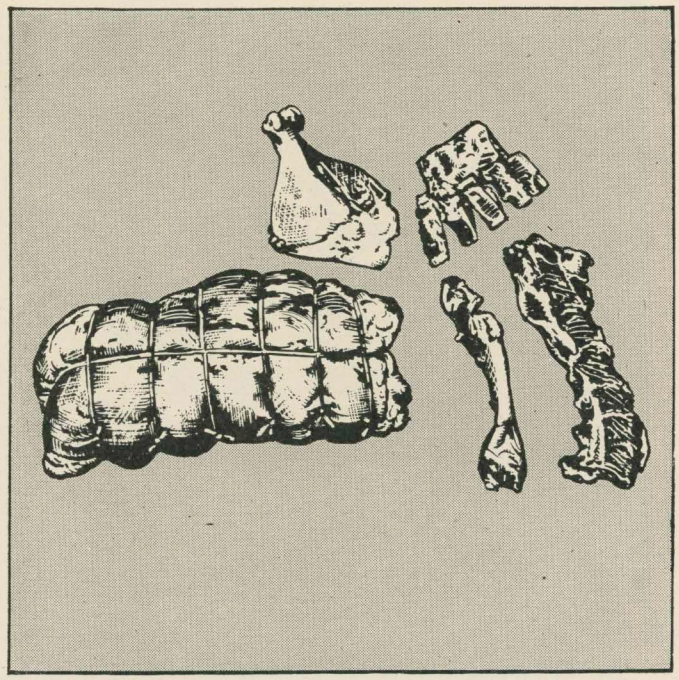




LAMB CHUCK (for roasting)

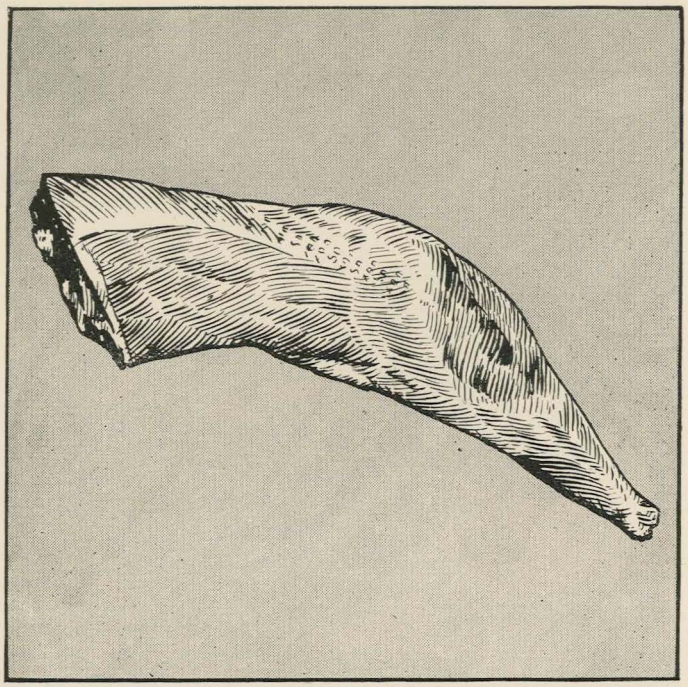
1. Place chuck on bench, skin side down. Cut along arm bone to bladebone joint and continue cut along top of bladebone.

2. Cut through arm bone and bladebone joint and remove bladebone.

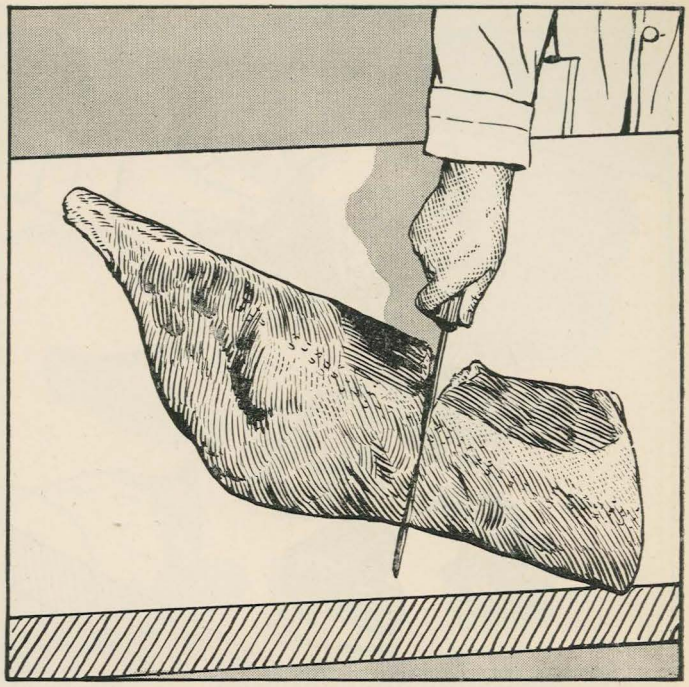


3. Remove arm and shank bones, neck rib bones and backstrap. Shape and tie.

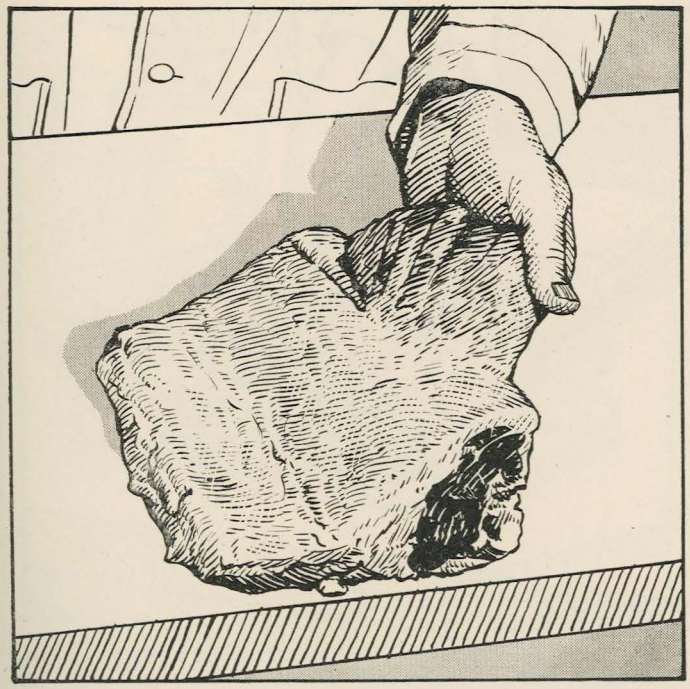
PREPARING THE HINDQUARTER OF LAMB FOR THE GALLEY

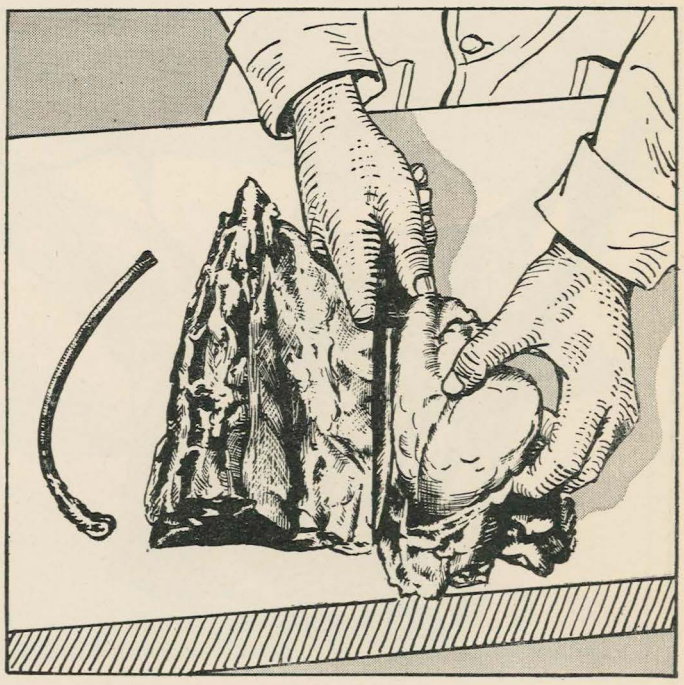


1. Lamb hindquarter.



2. Separate loin from leg by cutting through the meat as closely as possible to hip bone. Saw through backbone.



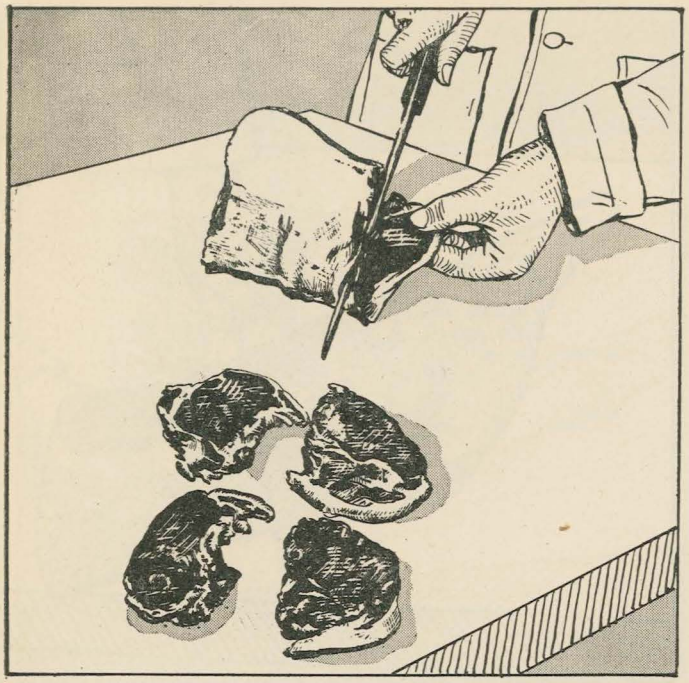


LOIN (for chops)

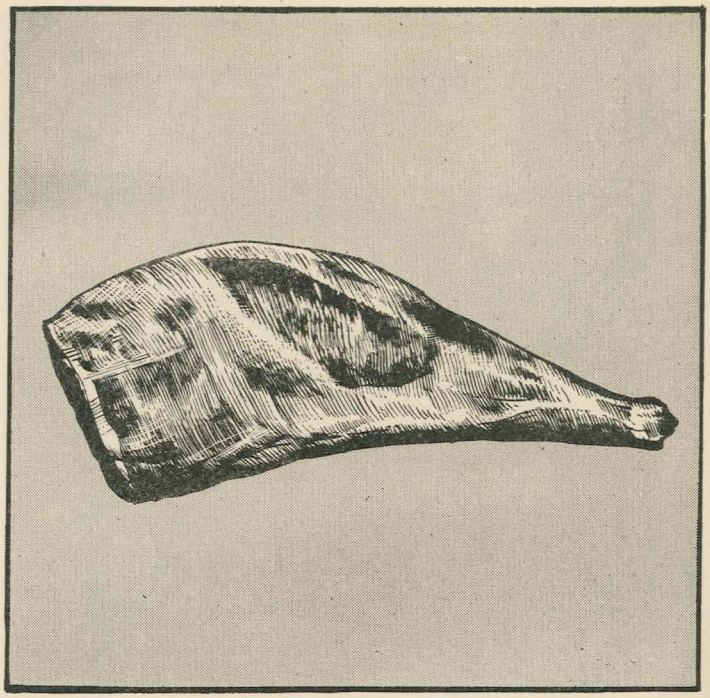
1. Remove outer skin covering (fell).

2. Remove kidney and surrounding fat from the loin. Remove the rib bone.

PREPARING THE HINDQUARTER OF LAMB FOR THE GALLEY

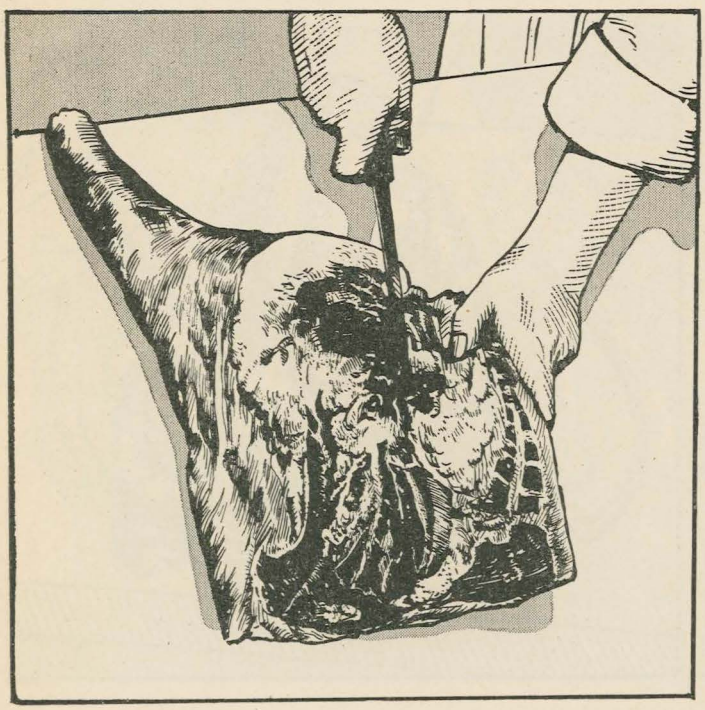


3. Roll flank meat in along the tenderloin and make chops by cutting to and sawing through the backbone. Remove the chine end of the backbone.



LEG (for roasting)

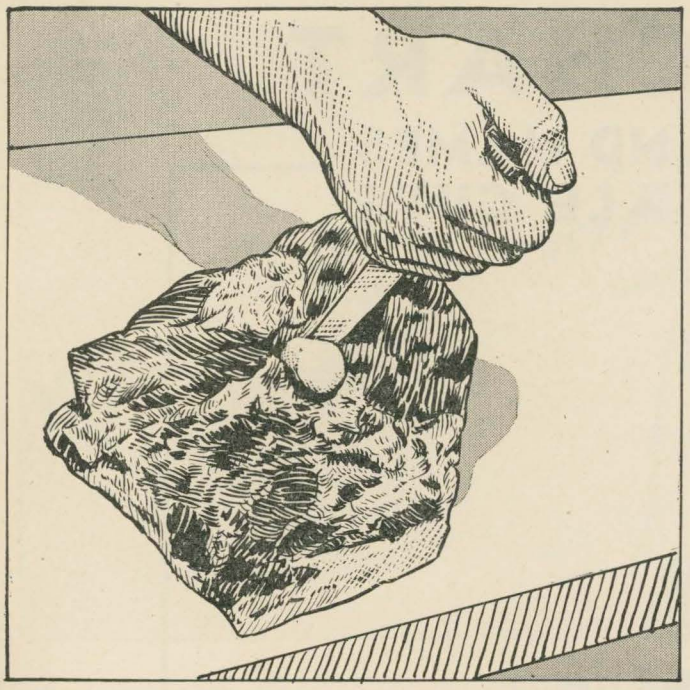
1. Leg of lamb.



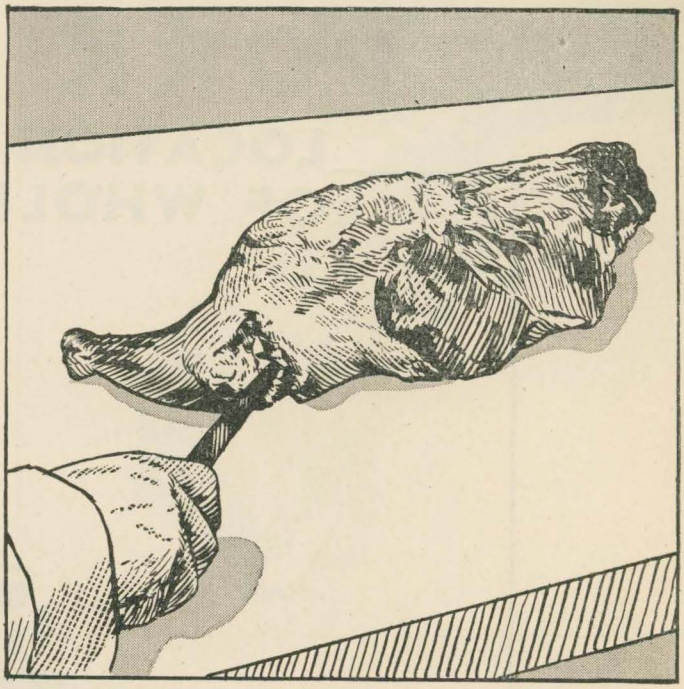
2. Place leg on bench, meat side down. Loosen the meat around the pelvic bones.

3. Remove the pelvic bone and backbone by cutting through the knuckle joint close to the aitch bone.

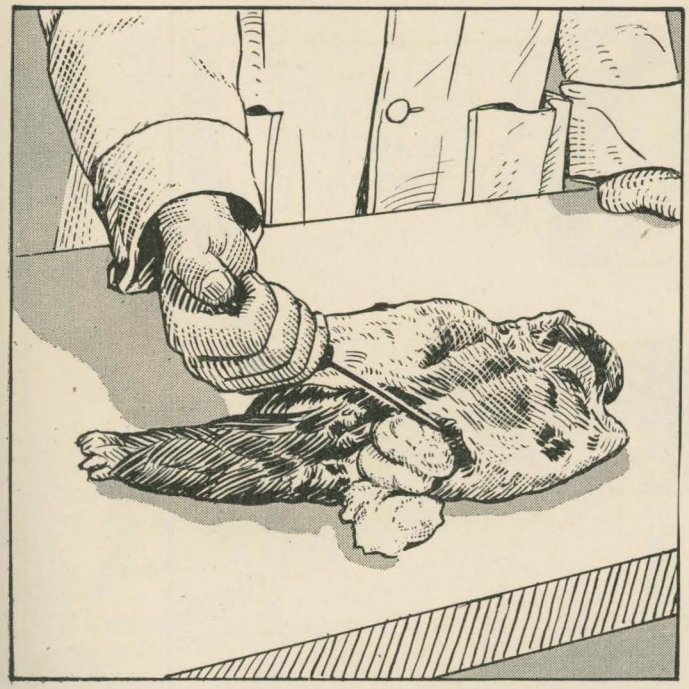
PREPARING THE HINDQUARTER OF LAMB FOR THE GALLEY



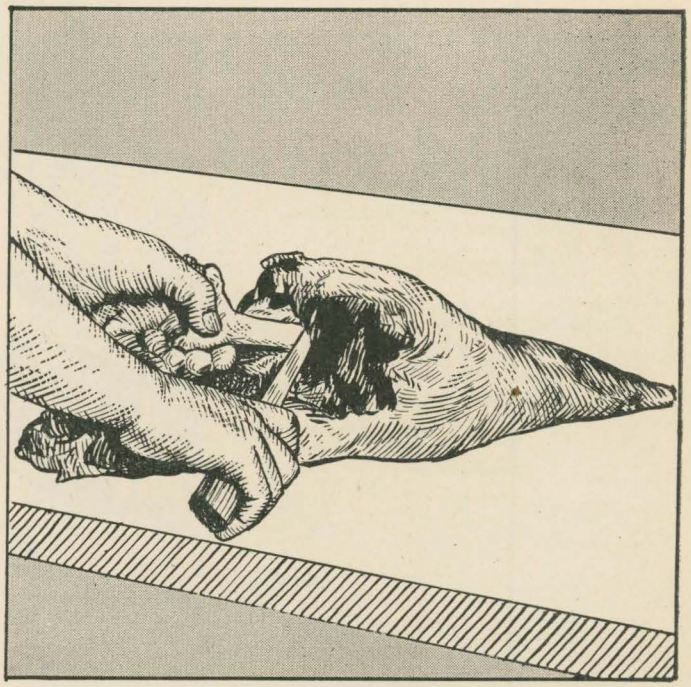
4. Loosen meat around knuckle joint and along leg bone (tunnel for it).



5. Cut into joint of shank and leg bone. Remove shank bone.



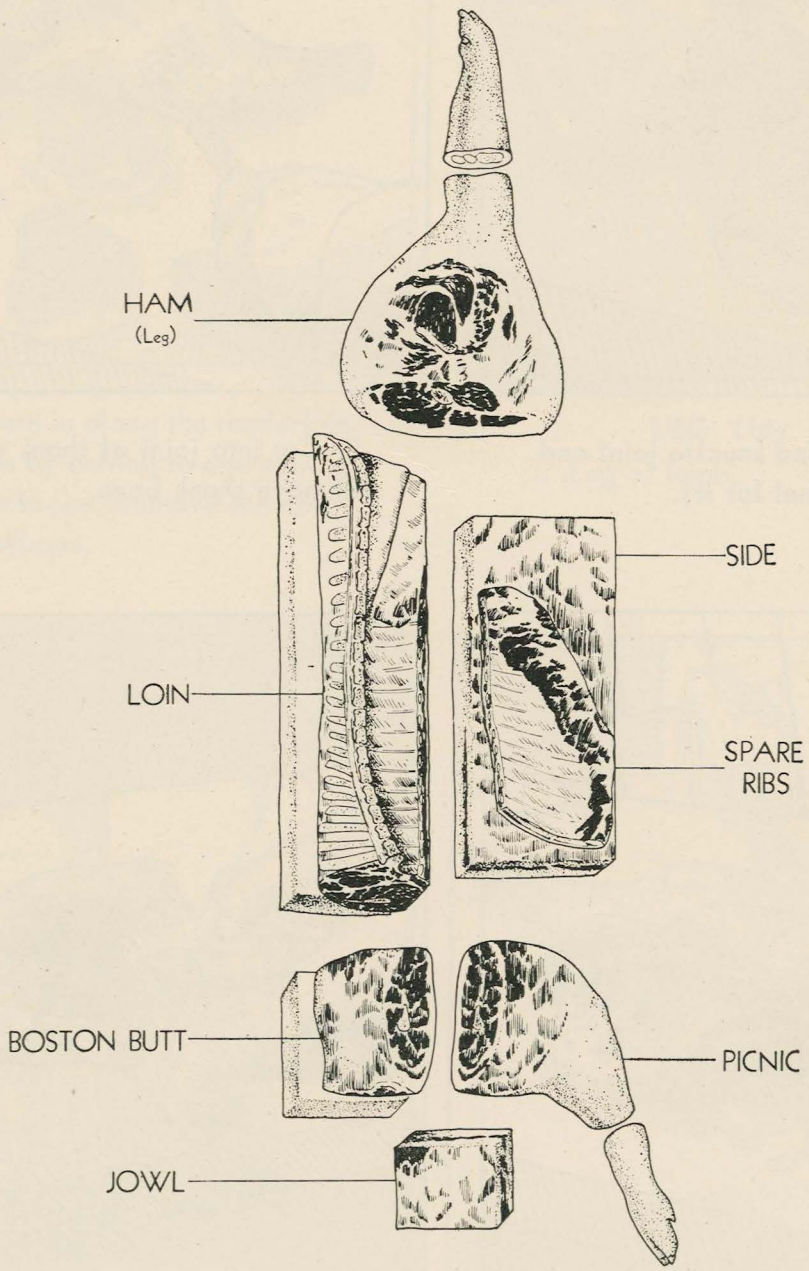
6. Loosen meat around leg and kneecap bones, leaving kneecap attached to leg bone.

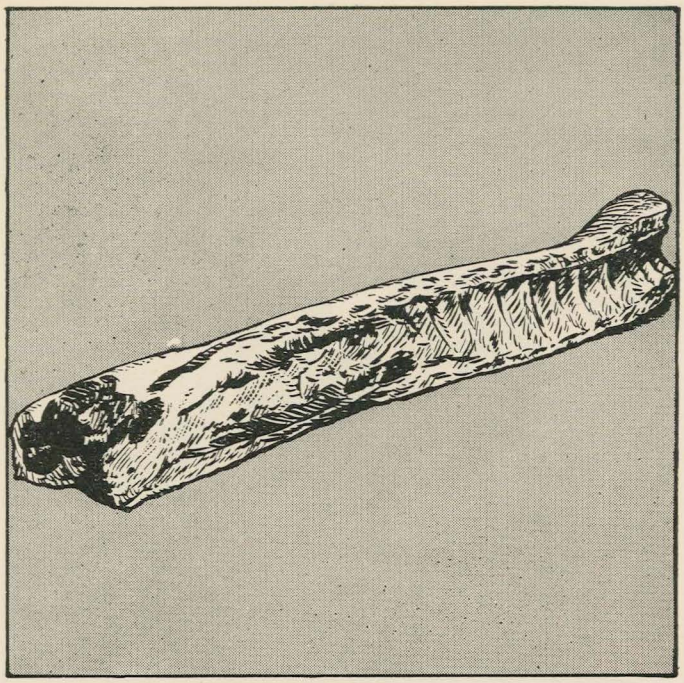


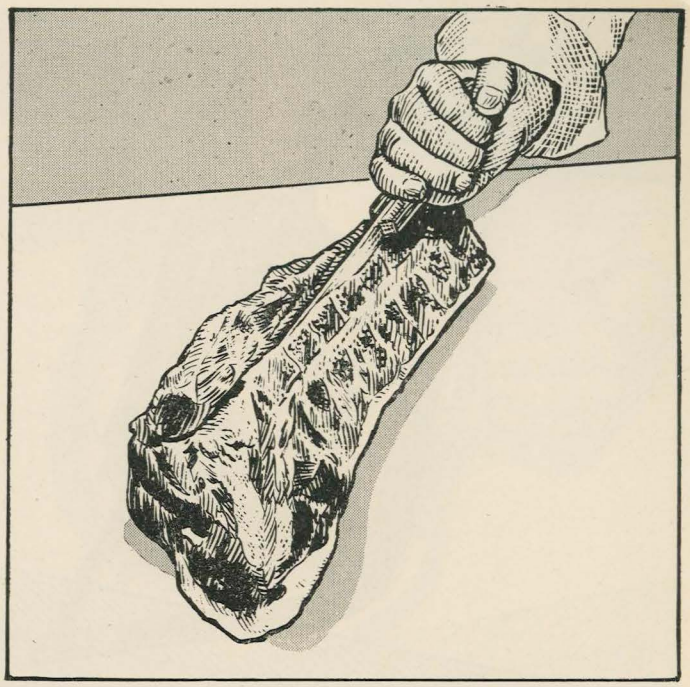
7. Twist leg bone and remove. Shape and tie for roasting.

PORK CHART

LOCATION AND NAMES OF WHOLESALE CUTS



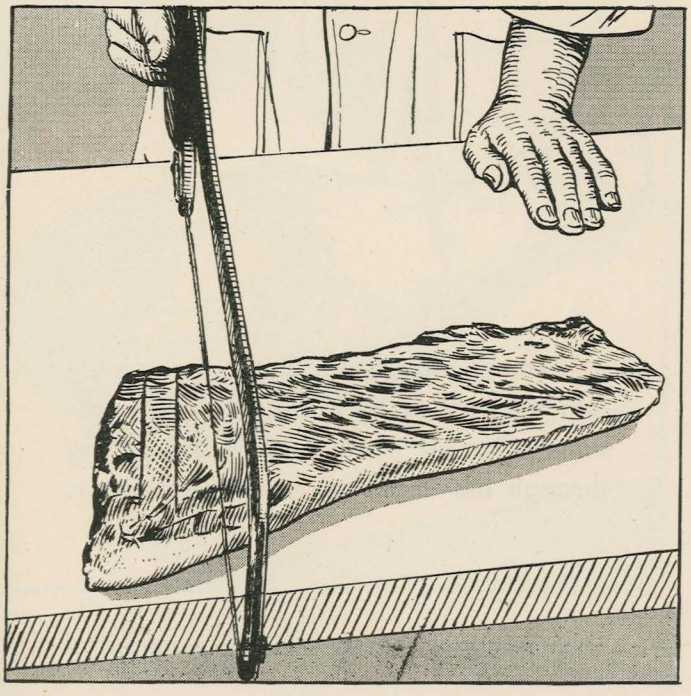


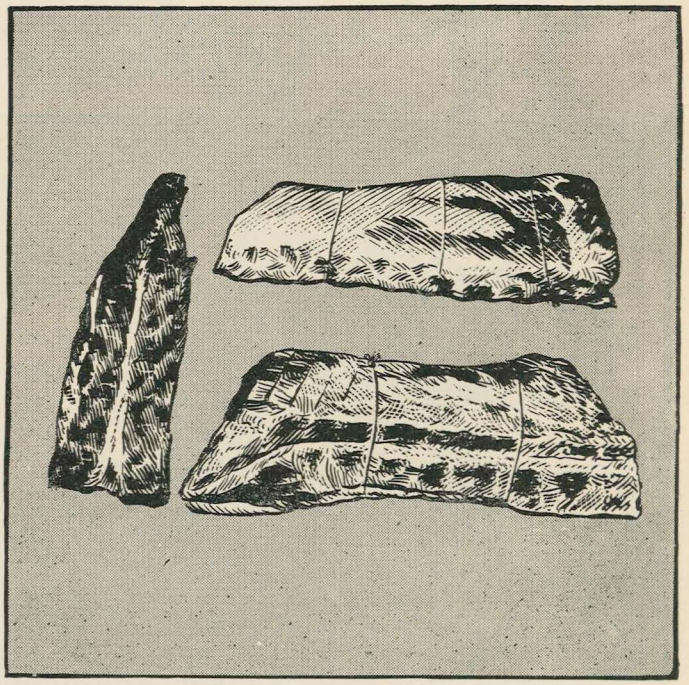


PORK LOIN (for roasting)

1. Pork loin. Cut loin in half along line of rib.

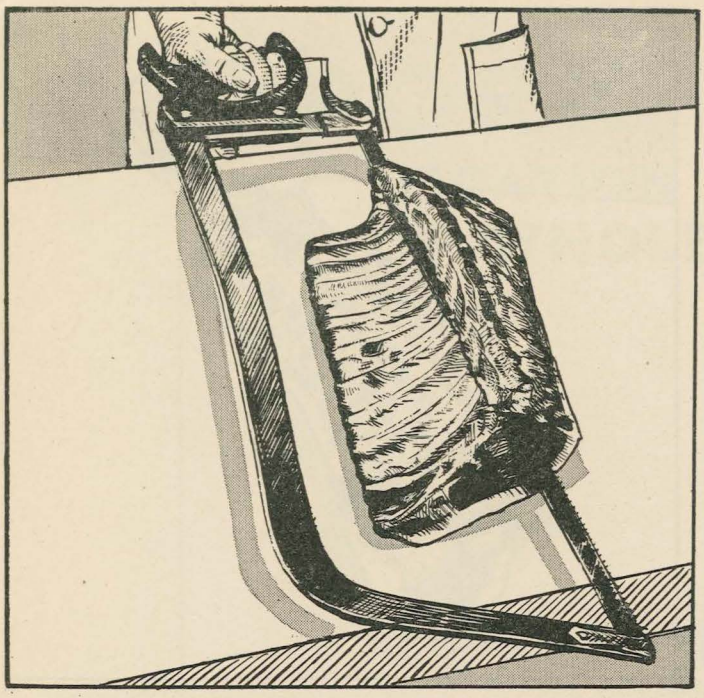
2. Remove tenderloin by cutting along the backbone and under the tenderloin. Remove backbone.



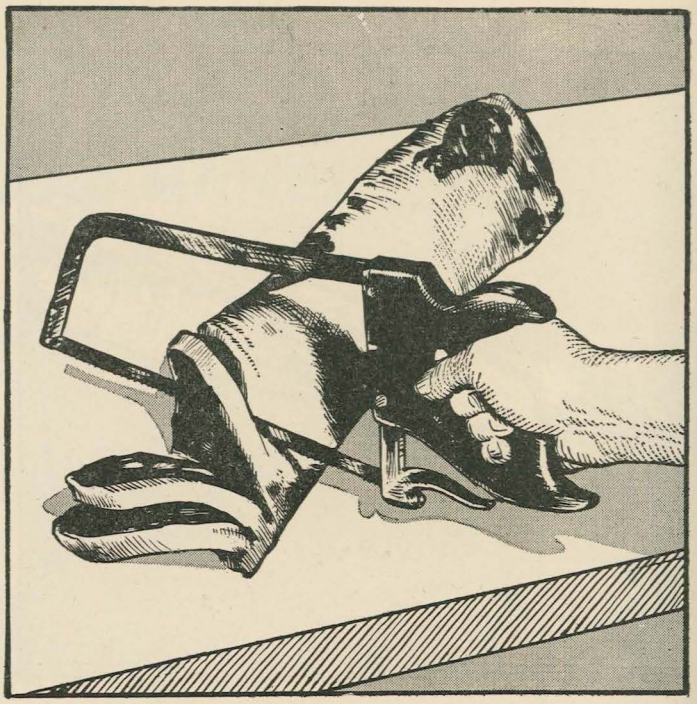


3. Saw through hip bone.

4. Replace backbone. Tie into place for roasting.

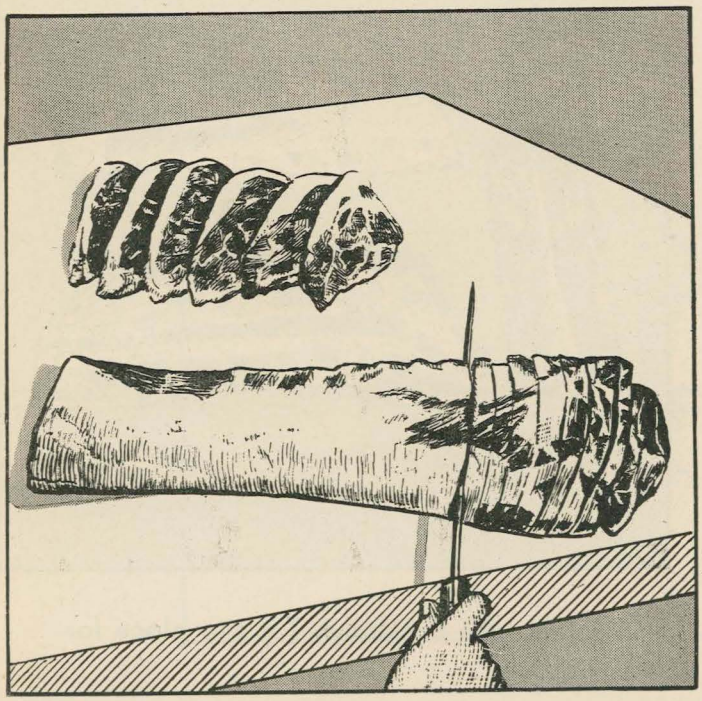


5. Remove the bladebone on other half of loin, if attached, and then remove the backbone. Tie backbone into place for roasting.

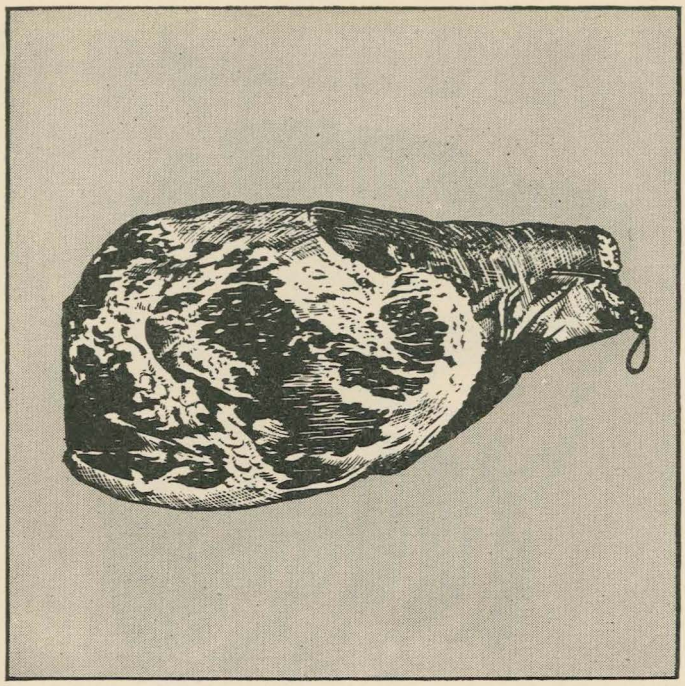


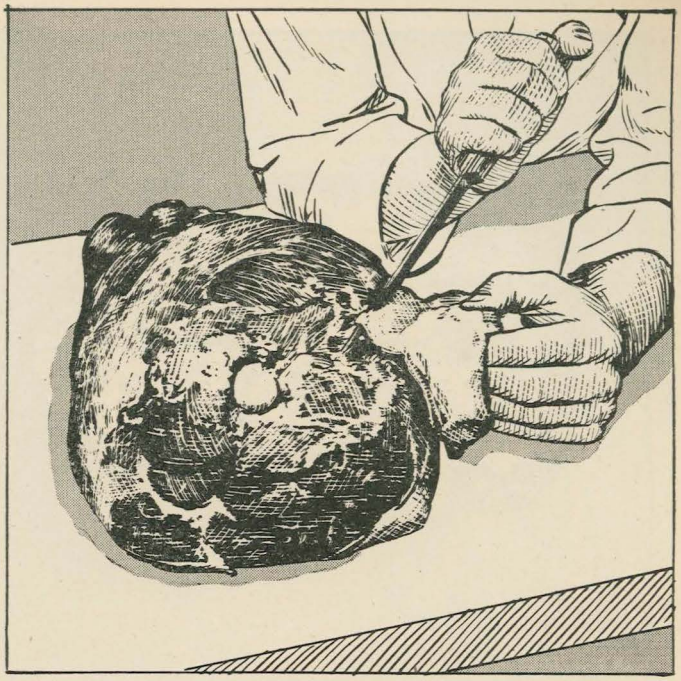
PORK LOIN (for chops)

1. Place loin on bench, backbone down. Beginning at hip end, make equal cuts through meat to hip bone. Saw through at each cut. Complete each chop by cutting through backbone with cleaver.



2. Remove bladebone. Cut the remaining loin into chops by cutting to the backbone. Complete each chop by cutting through the backbone with the cleaver.

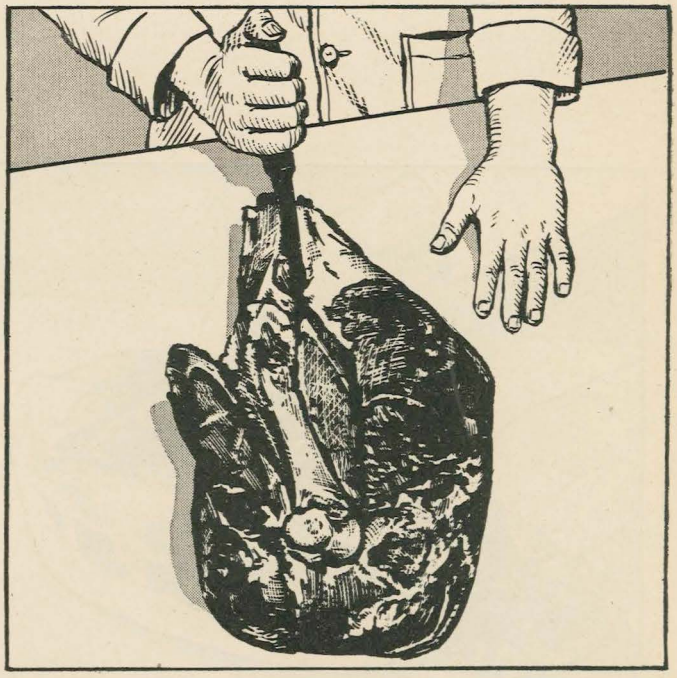




FRESH AND SMOKED HAM (for roasting)

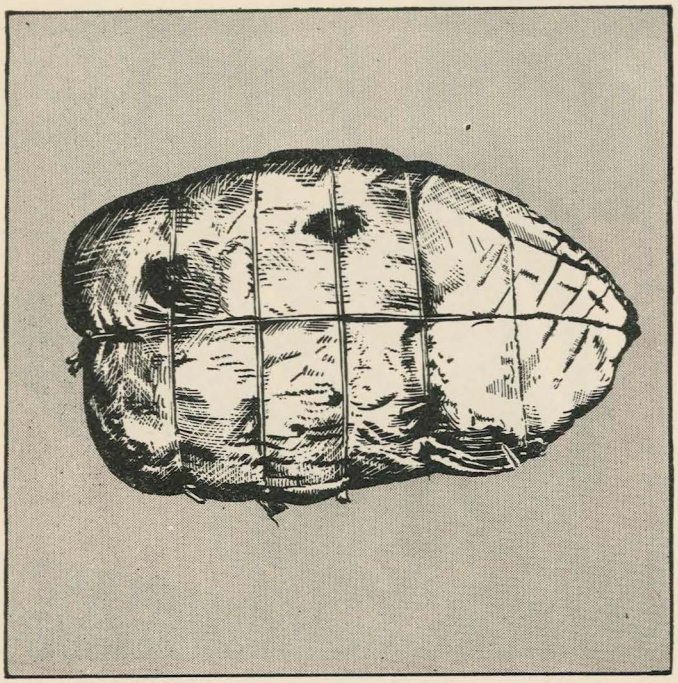
1. Place ham on bench, skin side down.

2. Remove the aitch bone.

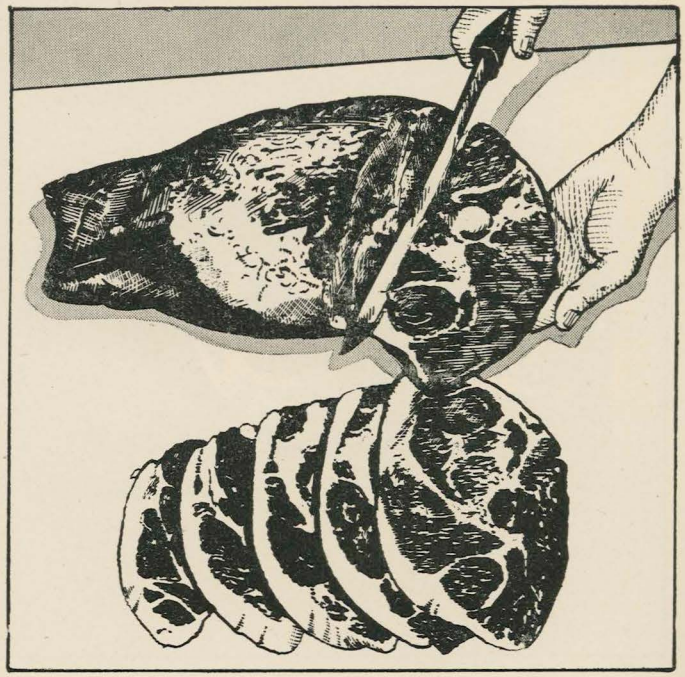


3. Remove the skin from the shank end.

4. Cut through meat to uncover leg and shank bones. Remove leg and shank bones, leaving kneecap attached to leg bone.

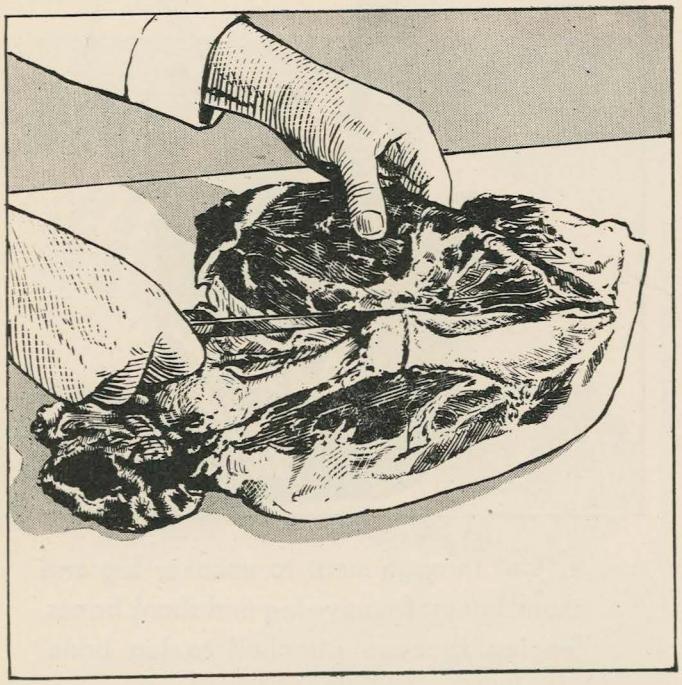


5. Fold the shank meat into the leg and tie in place. Roll and tie ham for roasting as shown above.



SMOKED HAM (for slices)

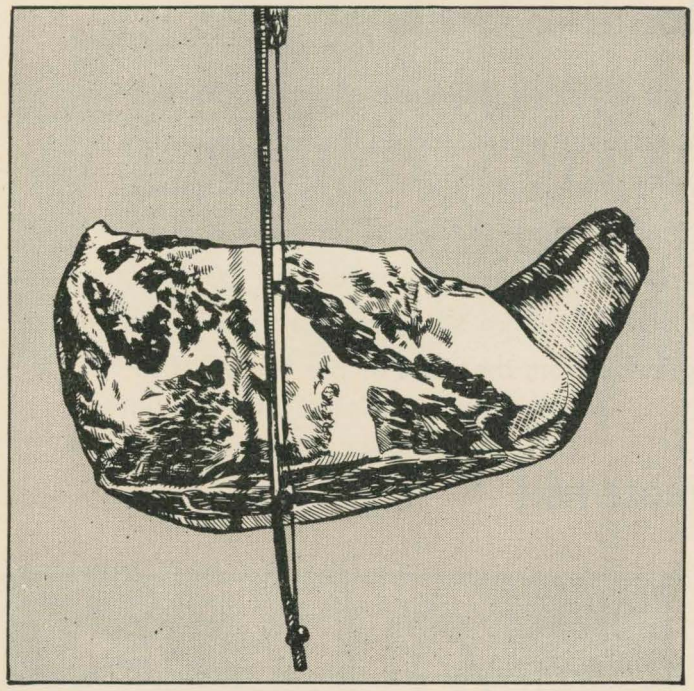
1. Place ham on bench, skin side down. Remove the aitch bone. Cut ham into slices by cutting through the meat. Saw through the leg bone. Complete the cut through remainder of meat.



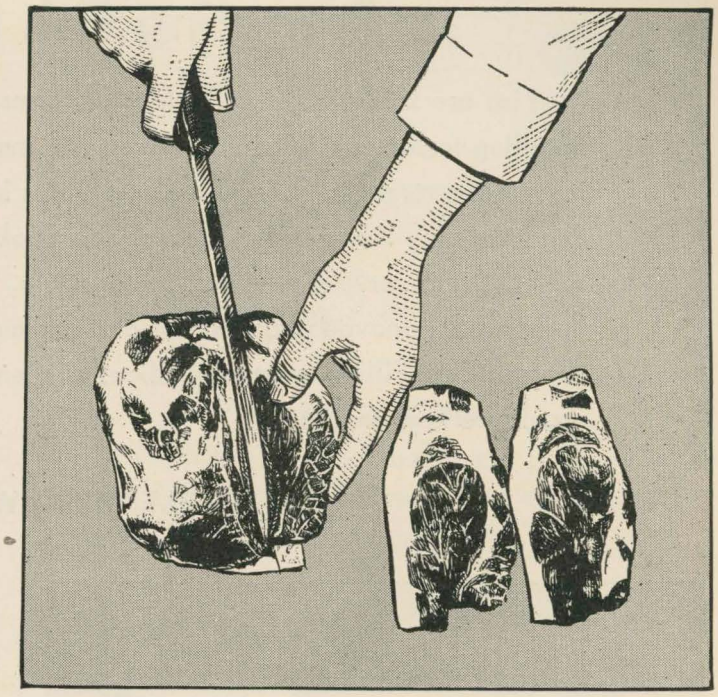
FRESH SHOULDER

1. Place shoulder on bench, skin side down. Cut through meat along top of bladebone and arm bone and remove bones. Fold in shank meat, shape and tie, or proceed as directed on next page.

PREPARING PORK PRODUCTS FOR THE GALLEY



1. Remove butt from shoulder.

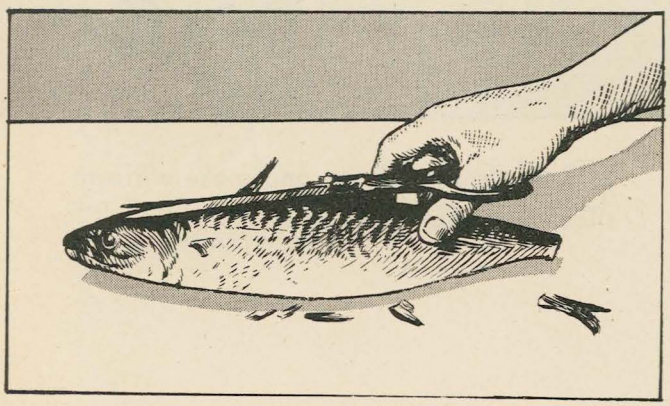


2. Remove bladebone and make uniform slices from butt end.

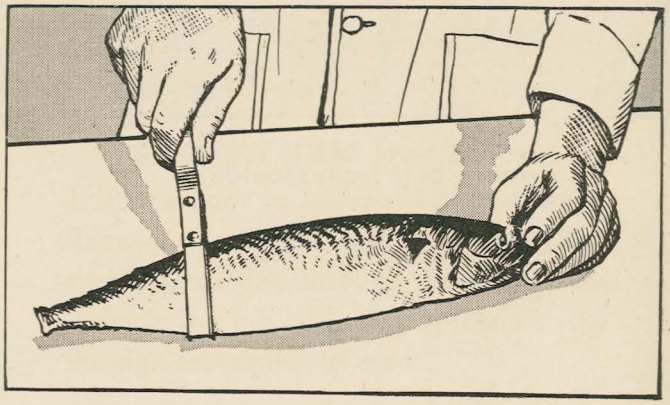
Preparing Fish for the Galley

Fish are marketed in a variety of forms, all of which require a slightly different handling treatment. Whole or round fish must have the heads, scales, fins and inedible inner parts removed before cooking. Steps in this process are illustrated below. Gutted fish have only the entrails removed. To cook them, remove the heads, fins and scales, then cut into serving portions, if desirable. Dressed fish have the heads and inedible inner parts removed and the tails and fins cut off. Steaks are slices cut across a large dressed fish. Fillets are meaty slices cut lengthwise from the sides of the fish. All fish should be kept frozen.

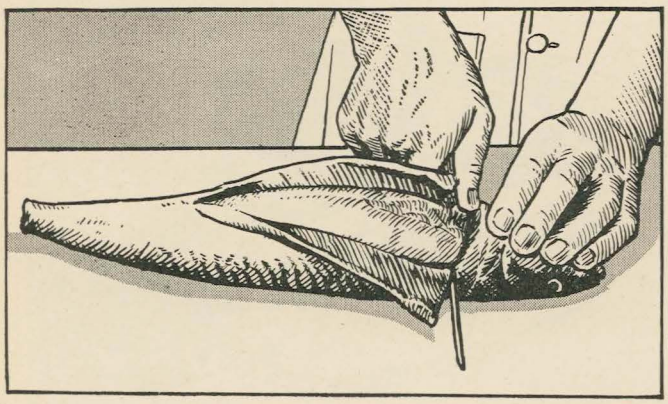
CLEANING WHOLE FISH



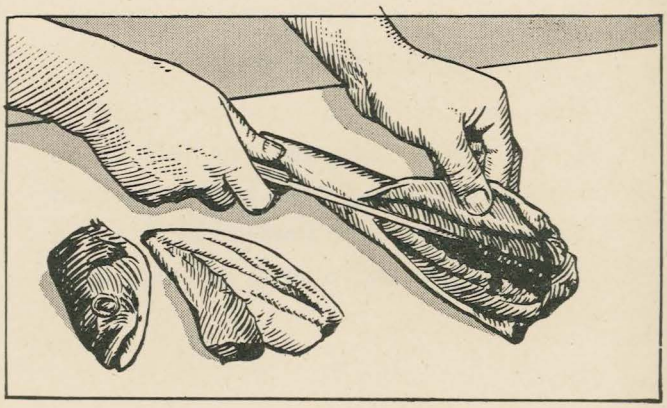
1. Remove the fins and tail.



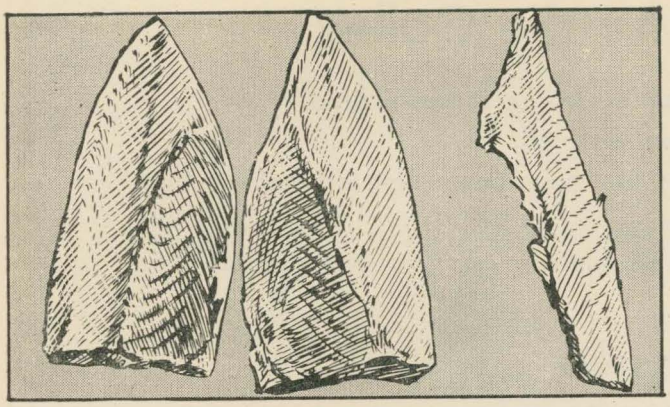
2. Remove the scales by scraping towards the head.



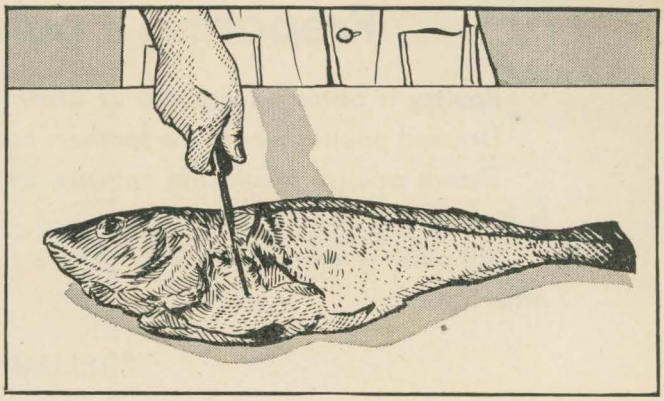
3. Cut behind the head and gills through the backbone. Place the point of your knife in the vent and cut toward the head and remove the entrails.



4. Scrape the lower part of the backbone to loosen dried blood.

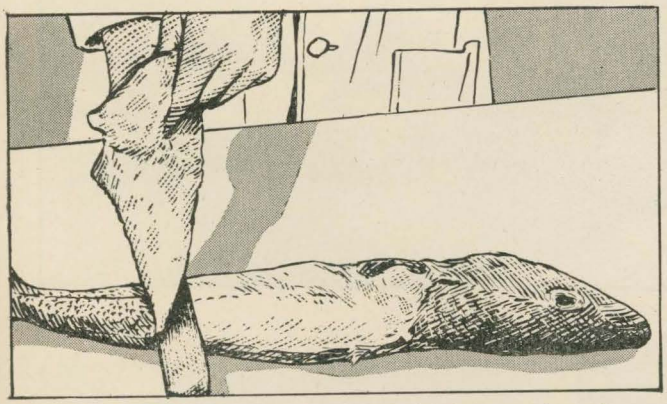


5. Split fish and remove backbone. Wash thoroughly in clean, cold water.

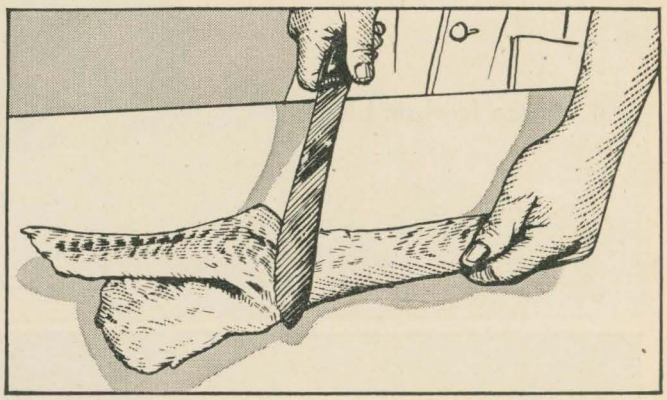


FILLETING FISH

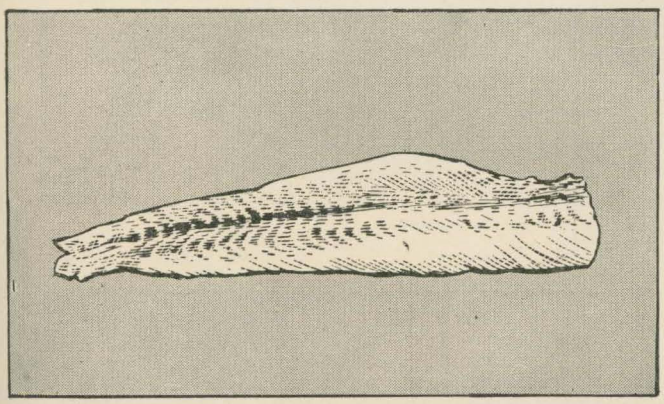
1. Remove fins and scales and place fish on its side. Cut down to the backbone behind the head and gills.



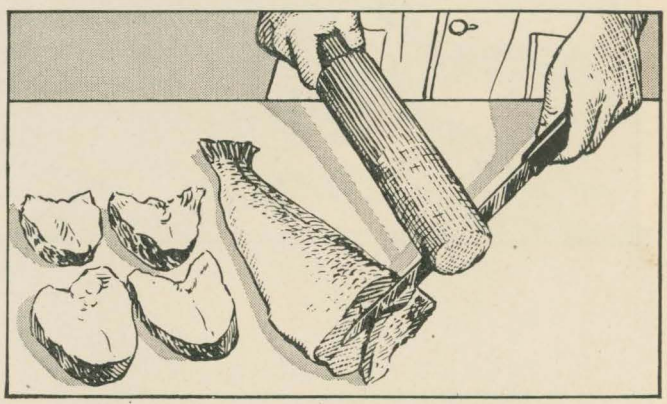
FILLETING. 2. Hold fish by its head and cut along the backbone to the tail. Turn the fish over and repeat.



FILLETING. 3. Place fillet on bench, skin side down. Insert blade of knife on top of skin under meat. Draw knife close to skin. Remove entrails.



FILLETING. 4. Fillet as shown above is ready for cooking.



PREPARING FISH STEAKS

1. Remove fins, scales, head and entrails. Place fish on side, cut through meat and backbone. Fish steaks should be cut to uniform thickness.

Preparing Poultry for the Galley

Poultry is obtained dressed or drawn and either frozen or fresh-killed.

Dressed poultry means the feathers have been removed.

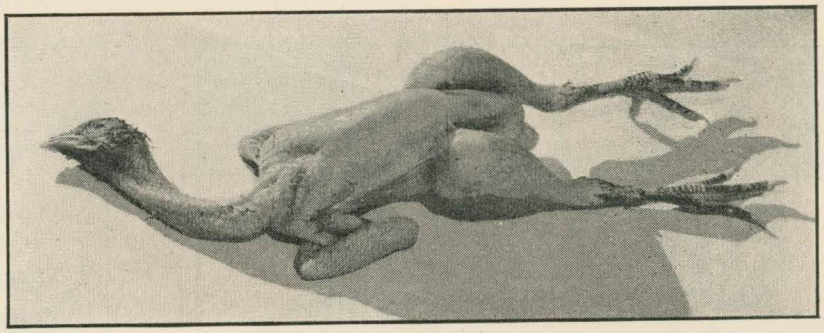
Drawn poultry means the entrails, head and feet have been removed and the bird is properly prepared for cooking.

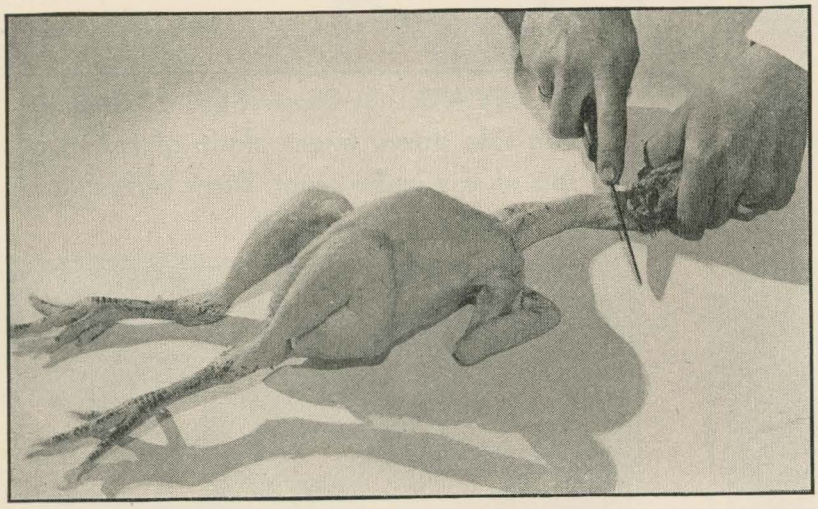
All cutting methods described here can be applied to chickens, turkeys, ducks or other fowl.

PRELIMINARY STEPS

Whether poultry is to be roasted, fried or boiled, it is necessary that the head, feet, crop and neck be removed. The following nine pictures give a step by step description of how this is done. Always follow these 9 basic steps when preparing poultry.

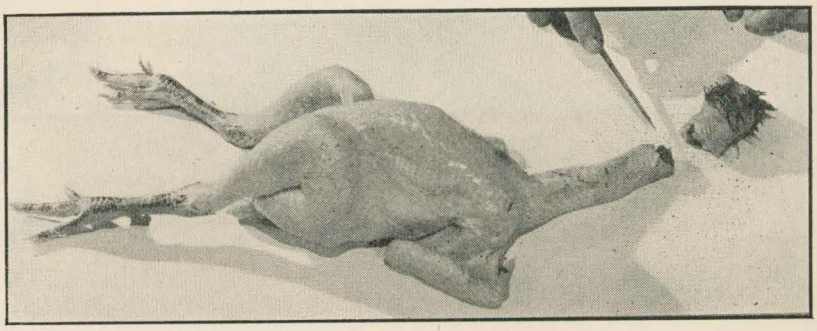
1. Place fowl on block.

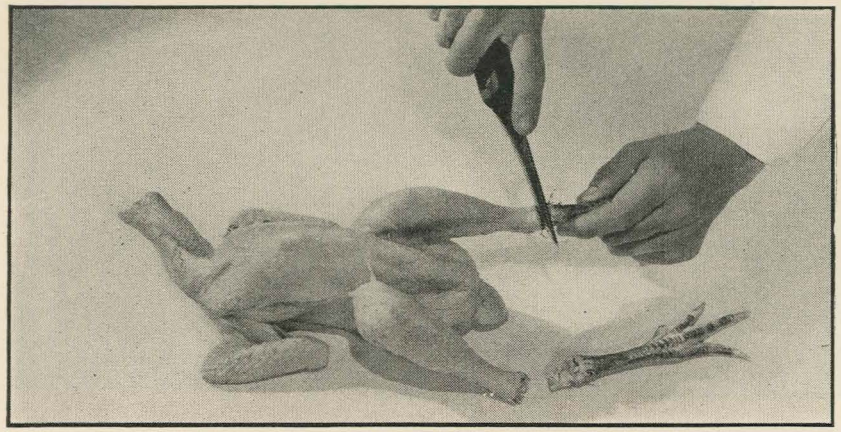




2. Remove the head by cutting through the neck just below the feather line.

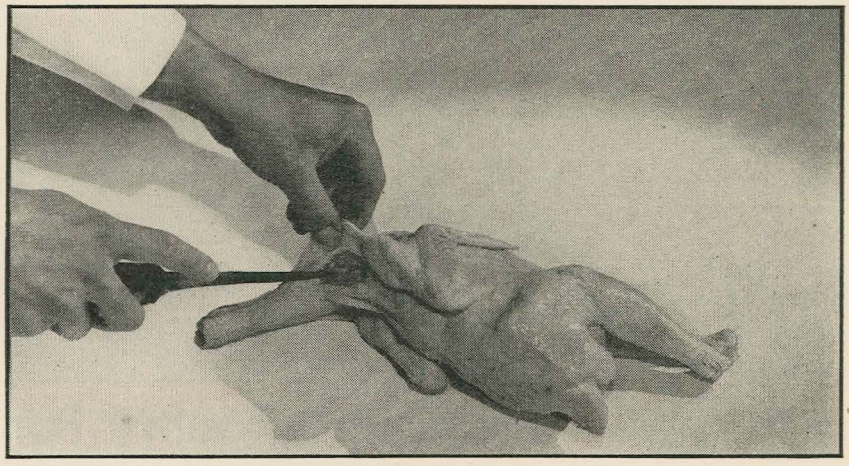
3. Fowl with head removed.

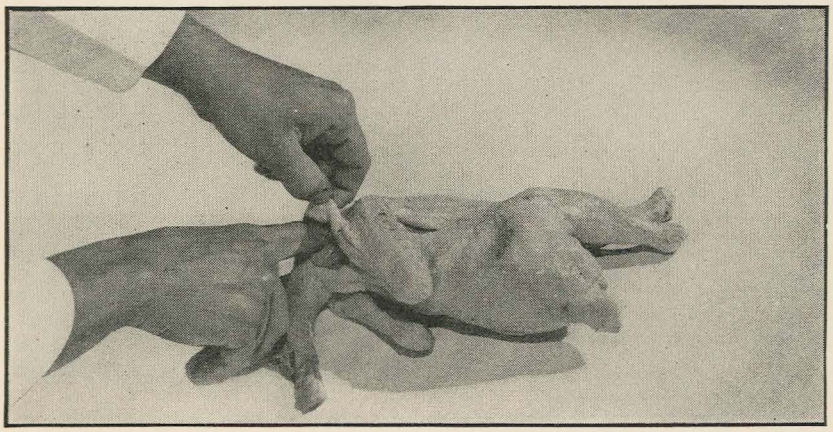




4. Remove feet at the first joint by placing index finger under the joint and putting pressure on the shank with the thumb. Cut sinews exposed at the top of the joint.

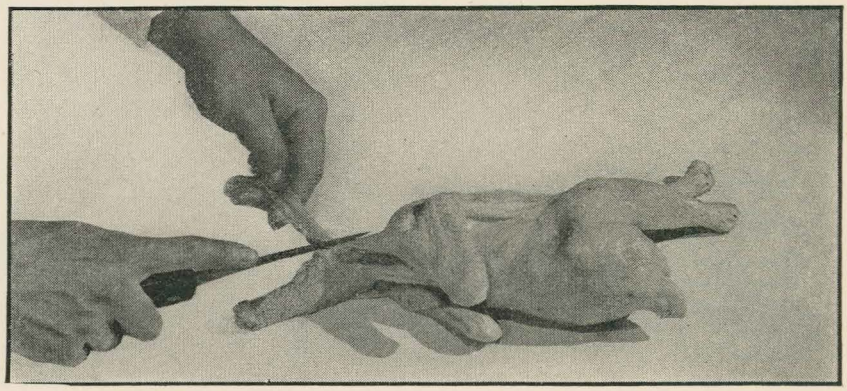
5. Place fowl on its left side with neck pointing toward you. Cut through the thin skin at the under side of the base of the neck.

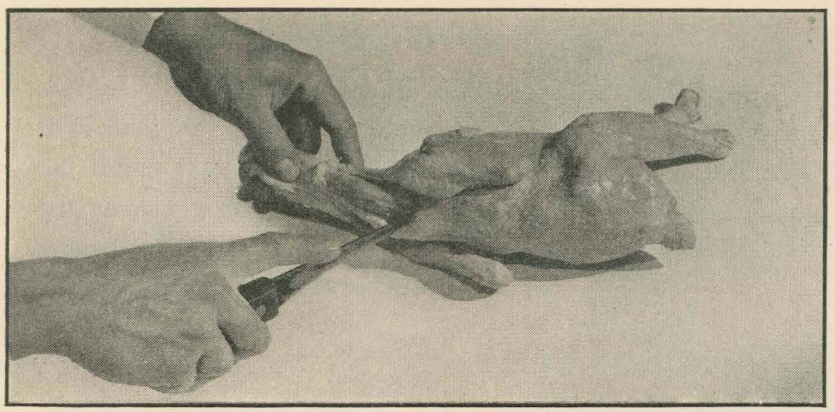




6. Insert first two fingers into cut and loosen crop by running fingers in a circling motion around the neck.

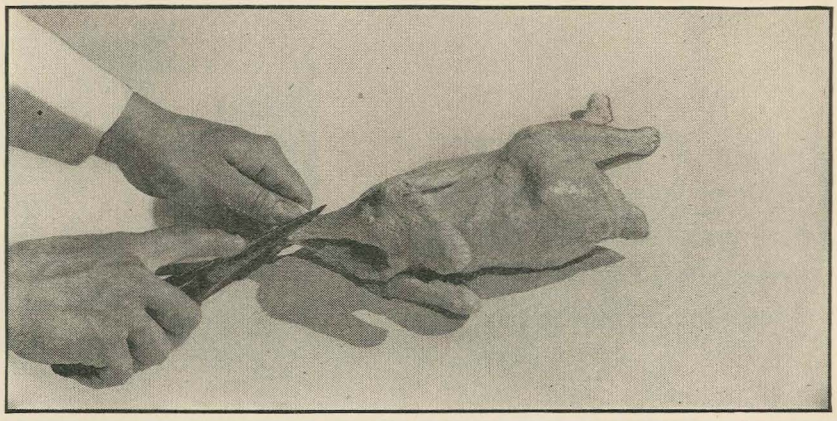
7. Remove crop and windpipe.



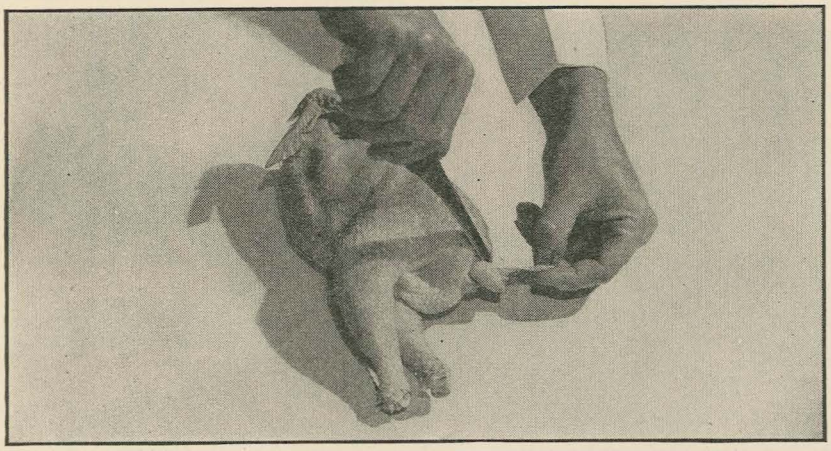


8. Remove neck by cutting through its base.

9. Remove the skin of the neck.

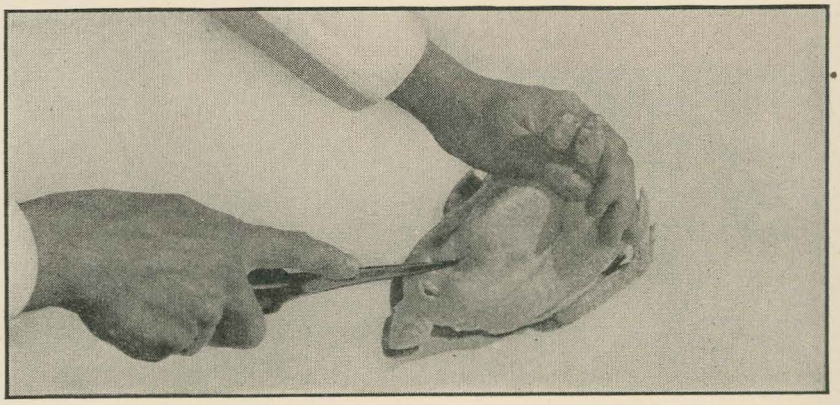


Preparing Poultry For Roasting

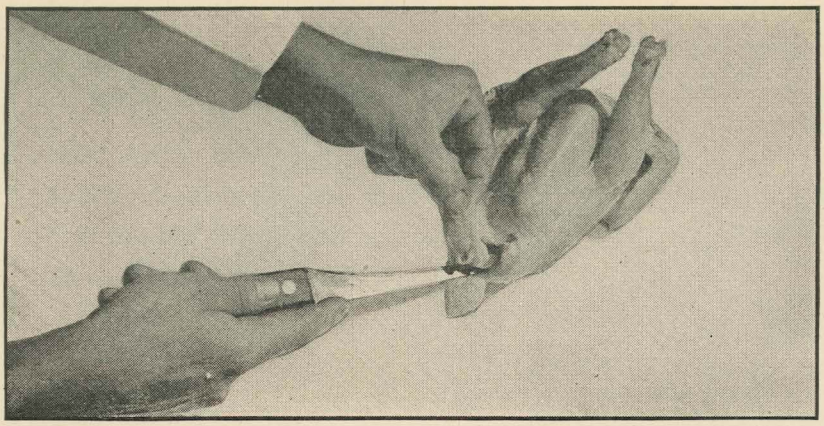


1. Remove neck, feet, crop and windpipe as described. Find the oil sack gland on the back of the fowl and cut it completely out.

2. Place chicken on block, pushing legs toward the neck to extend the abdomen.

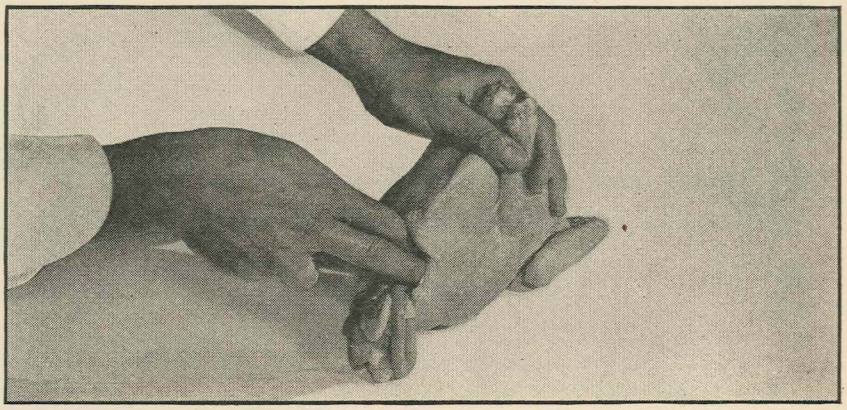


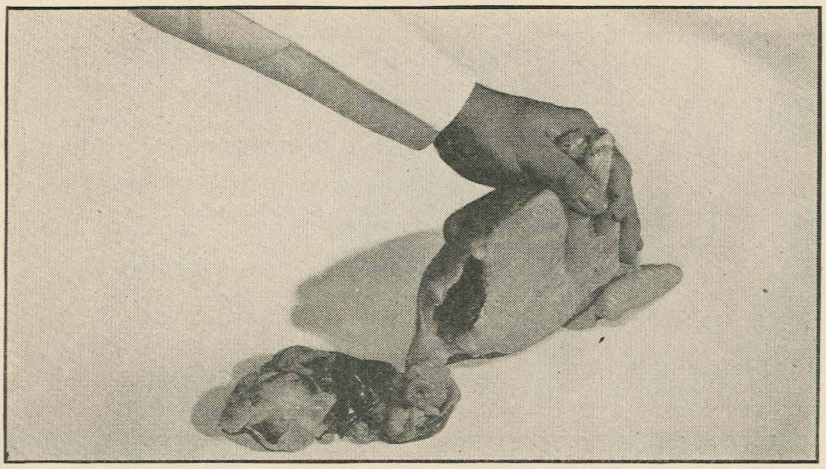
PREPARING POULTRY FOR ROASTING



3. Cut through abdomen and around vent.

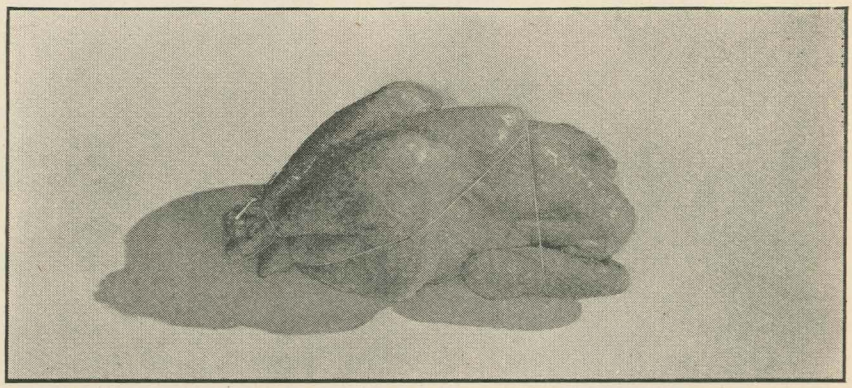
4. Insert thumb and first two fingers and with a circular motion completely loosen entrails from frame.



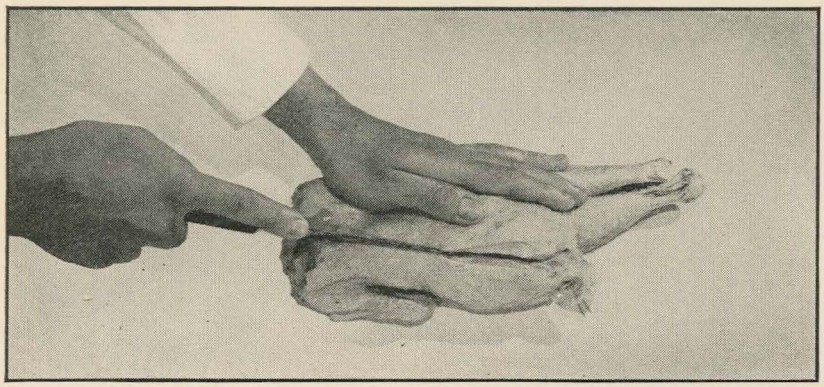


5. Insert hand into the opening, grasp the gizzard and with a strong pull remove entrails from the cavity. Remove lungs lying on each side of the rib cavity. Wash chicken inside and outside.

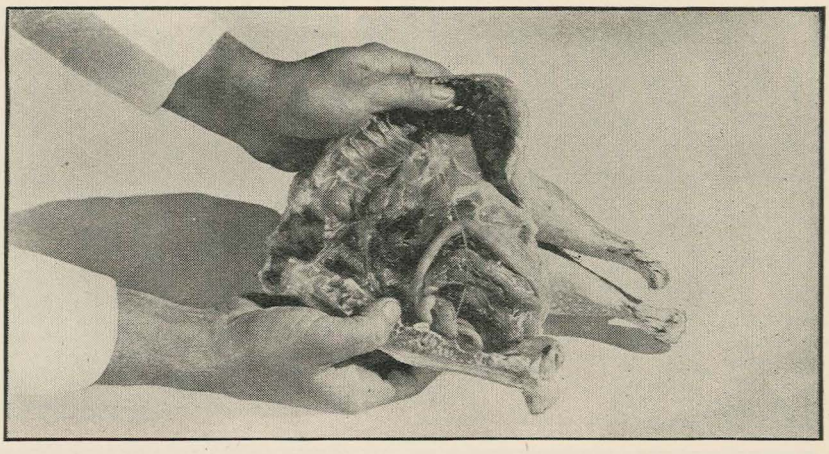
6. Truss the chicken by tying the legs and wings across the back. Chicken is then ready for roasting.



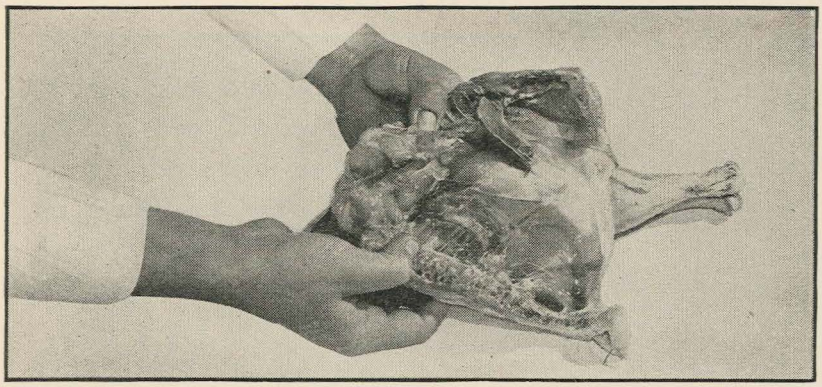
Preparing Poultry for Frying



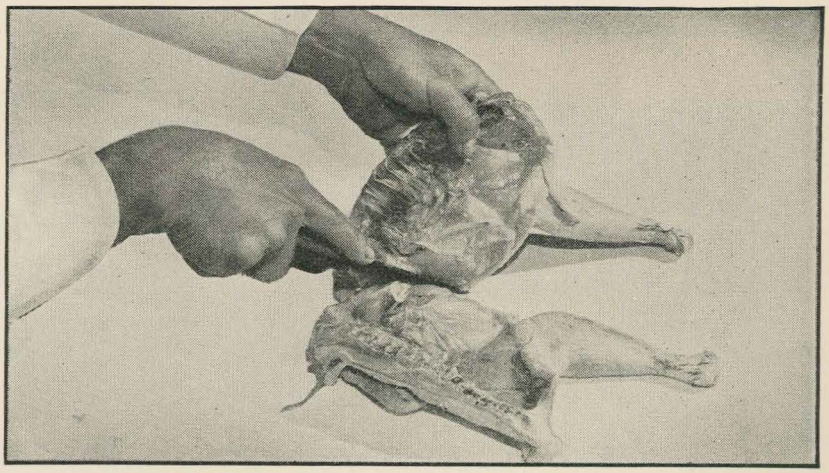
1. Remove the head, crop, neck and feet as described. Place chicken on side, insert knife at vent and cut through the back to neck.



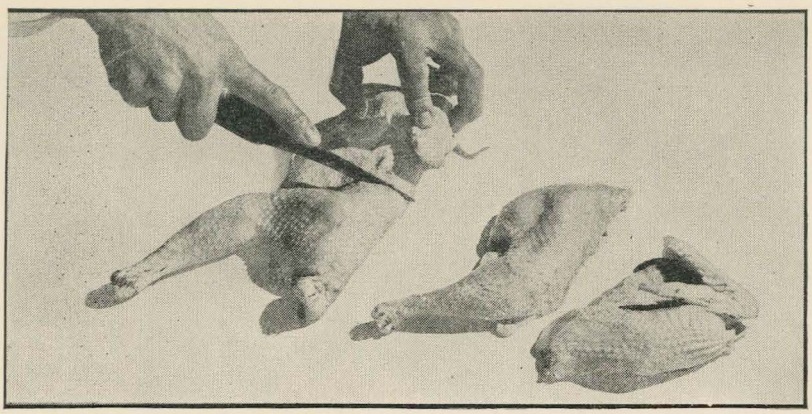
2. Spread open the carcass and remove the entrails, lungs and vent.



3. Remove breastbone by cutting the tissue around it and breaking the carcass open, causing the breastbone to pop into view.

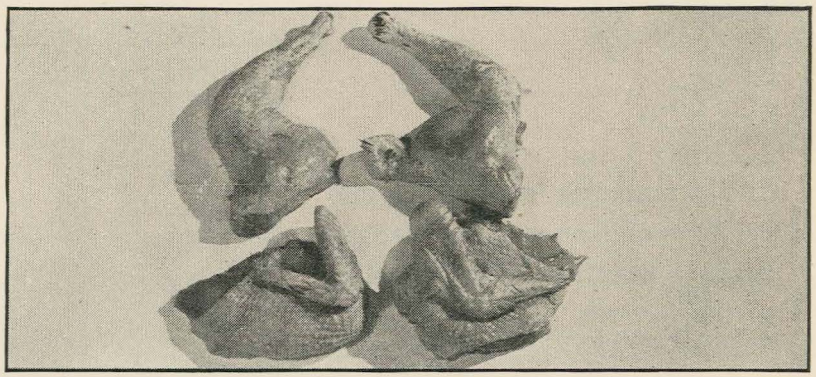


4. Cut chicken in half lengthwise.

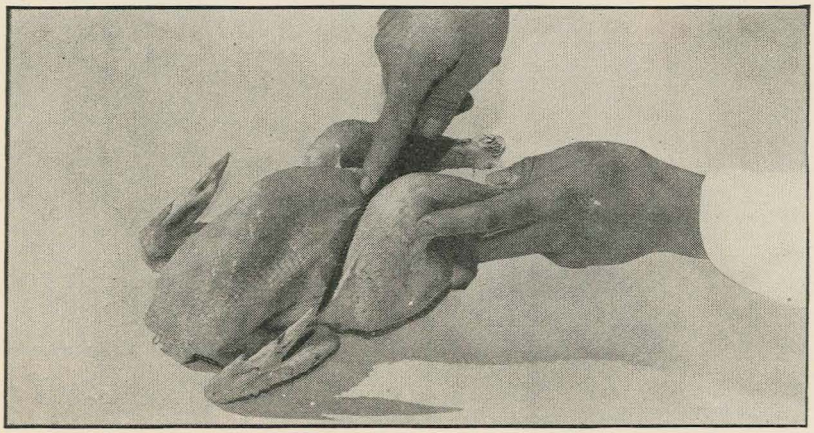


5. Chicken may also be cut into quarters depending on its size.

6. Parts for frying are shown in the illustration at right.

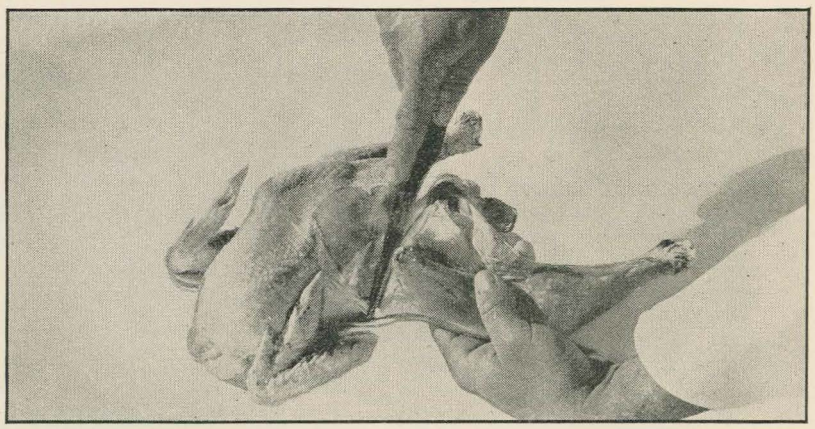


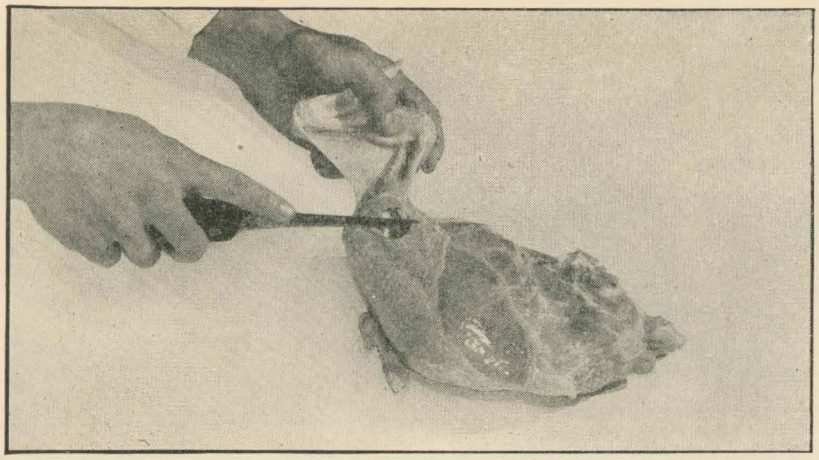
Preparing Poultry for Fricassee



1. Remove the head, crop, neck and feet as described. With chicken on its back, insert knife between thigh and body and cut down to leg joint.

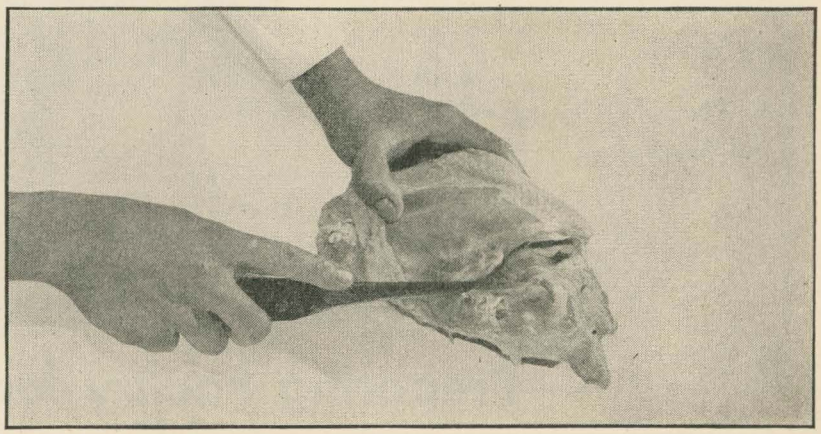
2. Remove legs and thighs by cutting through tissue at the body joint.

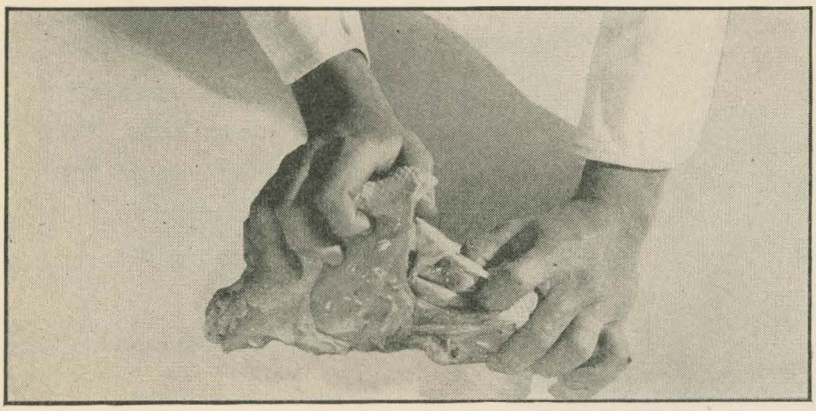




3. Remove wings at the body joint as shown at left.

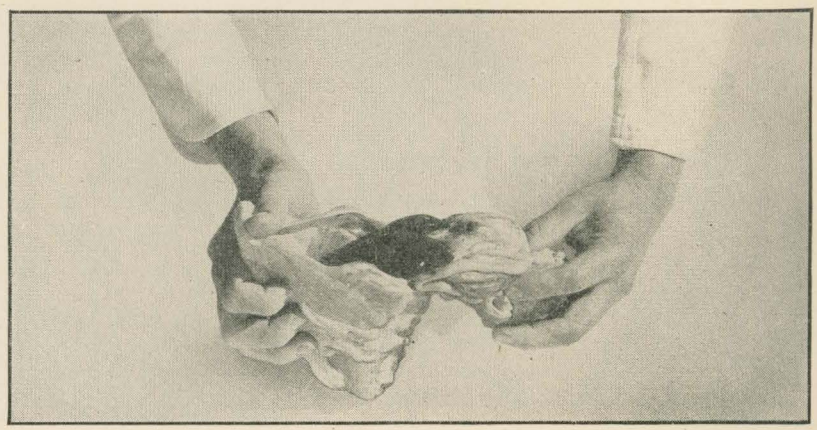
4. Place chicken on its back and cut through from point of breastbone to backbone along the line of the last rib.

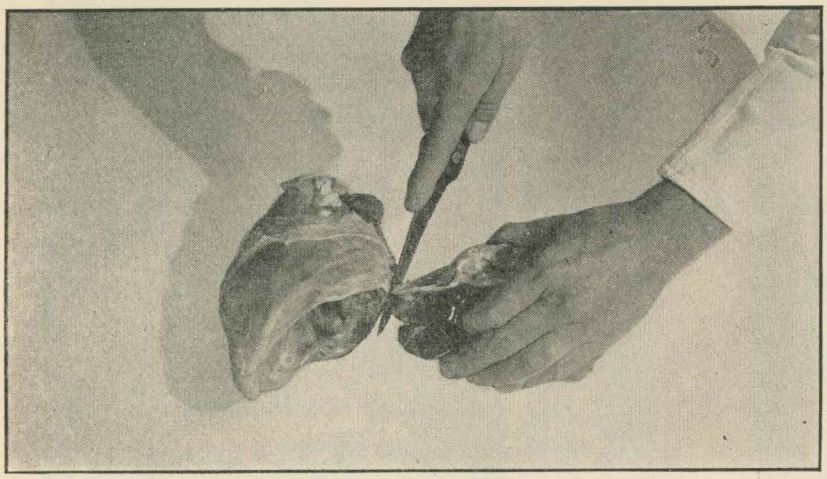




5. Place thumb under the point of the breastbone.

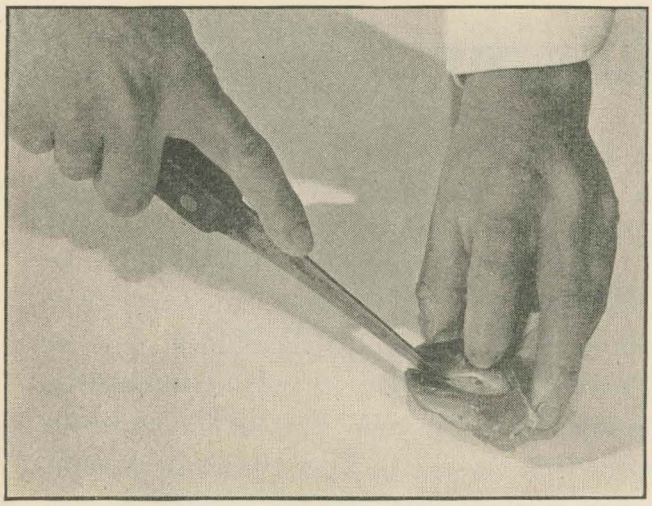
6. Break bird apart by snapping the backbone.



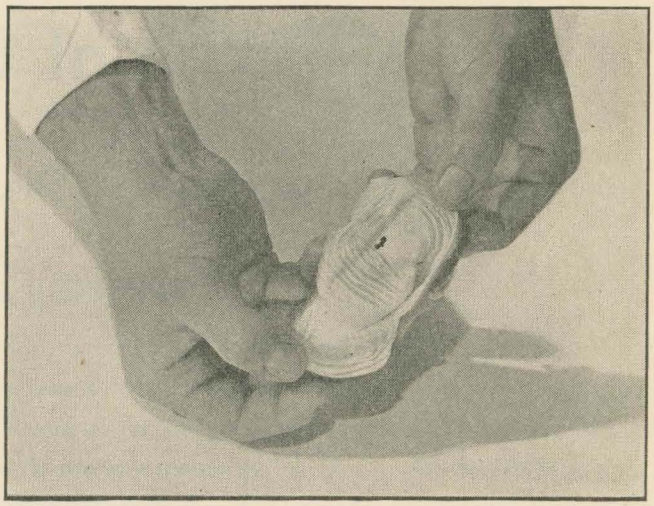


7. Separate the parts by completing the cut through the broken backbone.

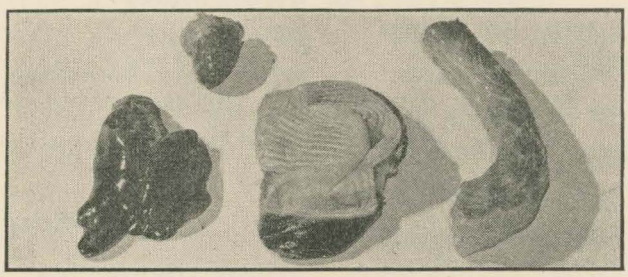
Preparing the Gizzard



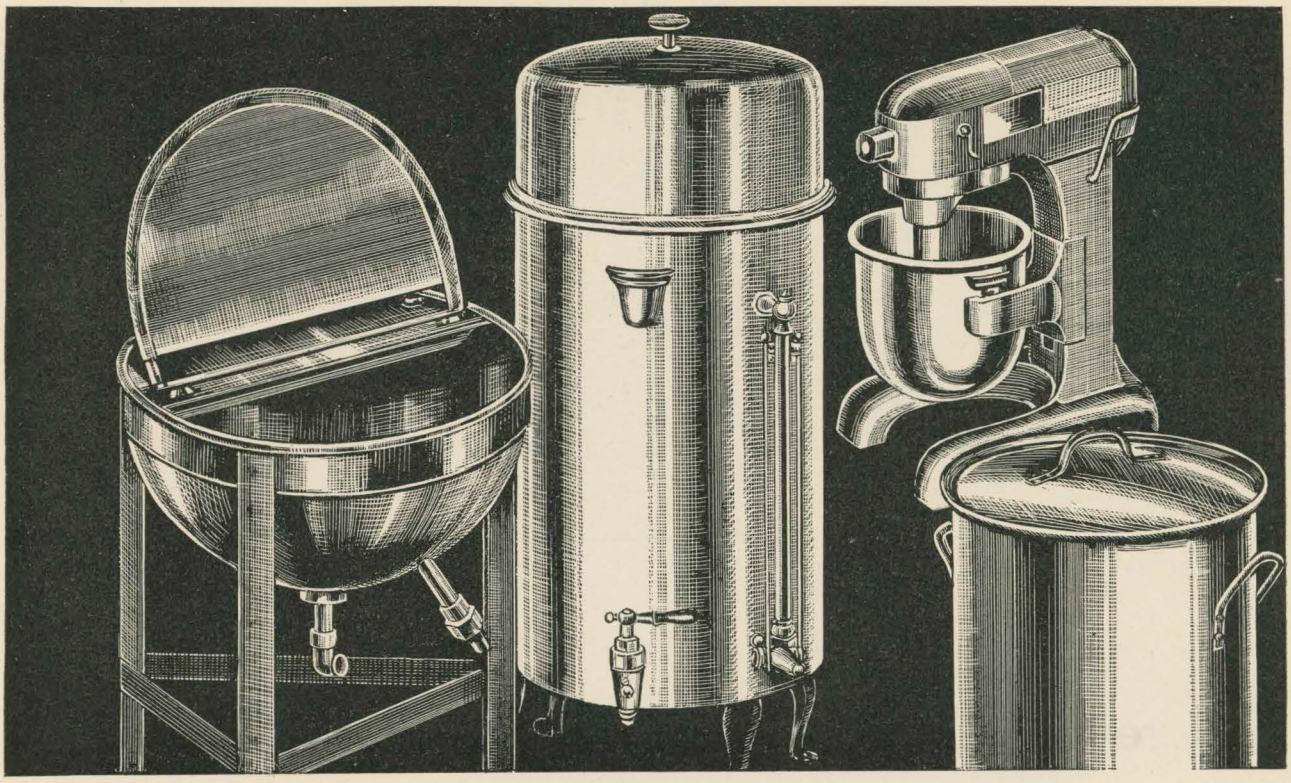
1. Cut into the meaty part of the gizzard, exposing the heavy inner skin of the core.



2. Remove the core and heavy inner skin by spreading the gizzard open.



The giblets (heart, liver, neck and gizzard) should always be used.



Care of Equipment

On today's vessels you are provided with the very finest tools and equipment to help you do your job quicker, easier, better. *It's up to you* to see that this equipment is given the fine care and attention it deserves! Actually, there's very little to do beyond applying a few common-sense rules of ordinary cleanliness, maintenance and upkeep. Yet you benefit month after month from the added speed, ease and convenience that is yours when proper equipment is kept in good condition. And well-cared for equipment will go a long way toward establishing the reputation that you know your business.

You may not have all of the equipment discussed in this Chapter. However, those directions which apply to equipment that you do have should be read very carefully and compared with your present maintenance practices. Be sure that periodic care of equipment is made part of your regular routine. You'll find it pays dividends all around!

ELECTRICAL EQUIPMENT

Potato Peeler

Remove revolving platform and wash. Scrub entire interior with brush while water is running into machine. Wash outside of machine with damp cloth. Leave top cover (if machine has one) and outlet cover slightly open to allow circulation of air.

Always start the motor before loading the machine with potatoes or carrots. Failure to do this may result in over-loading the motor and burning it out.

Slicing Machine

Clean thoroughly after each use. When cleaning, have circular knife blade flush with guard to avoid accidental cutting.

Care of Mixer

All attachments of the mixing machine should be cleaned after each use. These attachments are:

Hook—mixes and develops bread and bun doughs.

Paddle—mixes cake batters which call for creaming; mashes potatoes or turnips.

Whip—beats egg whites, sponge cake mixes, butter cream icings, mayonnaise and whips evaporated milk.

Have the Engine Department check the lubrication of the mixer at frequent intervals. Be careful in operating mixer so as not to strip the gears.

Ranges and Bake Ovens

When working around electric ranges and bake ovens be careful not to splash water near the switches as a short circuit may result.

Ovens, Oven Doors and Oven Shelves: Scrape off all carbonized matter with a blunt knife or metal scraper each day. Once a week, brush out oven and wipe walls, ceilings and bottoms of ovens with damp cloth.

Range Tops: Scrape off all carbonized matter with a blunt knife or metal scraper each day. Wipe off top and spread on a very thin application of salad oil while top of range is warm but not hot. (Regular machine oil may give a bad flavor to steaks or other griddle-broiled foods that are cooked directly on the range.)

If part of the range top is made of highly polished steel (for griddle cakes, etc.) it should be scraped, then rubbed with a griddle (or soap) stone or very fine sandpaper wrapped around a flat block of wood.

NOTE: ***Do not use emery cloth around electrical cooking equipment, because the particles may cause trouble in the electrical circuit.***

Then grease the griddle top with a thin coating of shortening or salad oil.

Outside Oven Body: Once a week, wipe off dust with dry cloth, particularly the top of the bake oven or top shelves of range. Clean all other outside surfaces with damp cloth and wipe dry. Clean any bright metal trim with cleansing powder.

Switches: Wipe off any food stains as soon as possible. Keep switches *clean.*

OIL BURNING EQUIPMENT

Ranges and Bake Ovens

All Flues: At the end of each voyage, clean all flues over and below the ovens and the range.

Burner Box: Scrape off excessive carbon from the burner. This may either be removed or allowed to burn up with a high fire.

Strainers, Carburetors and Oil Spray: From time to time, if any oil lines appear to be clogged or dirty, parts should be dismantled and cleaned by the Engine Department.

COAL BURNING EQUIPMENT

Ranges and Bake Ovens

Ashpits: Clean frequently during the day. **Remove clinkers from grates and brick.** Never permit ashes to build up on the ashpit to a point where they come into contact with the grates, otherwise grates may be burned out.

Range Tops: Scrape off all carbonized matter with a blunt knife or metal scraper each day. Wipe off top and spread on a very thin application of salad oil while top is warm but not hot. (Regular machine oil may give a bad flavor to steaks or other griddle-broiled foods, cooked directly on the range top.)

If part of the range top is made of highly polished steel (for griddle cakes, etc.), it should be scraped, then scrubbed with a griddle (or soap) stone or very fine emery cloth wrapped around a flat block of wood. Then grease the griddle top with a thin coating of shortening or salad oil.

Top of Oven (under Range Top): Several times during the voyage, scrape into the fire-box the fine ashes which have collected on the oven top. These ashes have an insulating effect and will prevent proper heating of the oven unless removed.

Oven Clean-out Plate: At the end of each voyage, remove the clean-out plate (usually in the oven bottom). Remove soot and fine ashes from the flue, under the oven and at the side of the oven. If this is not done, these flues will eventually become blocked and the oven will not heat properly.

Ovens, Oven Doors and Oven Shelves: Scrape off all carbonized matter with a blunt knife each day. Scrape shelves once each day. Once a week wash bottoms, walls, and ceilings of ovens as well as the shelves with scouring powder and brush. This should be done preferably just before lighting a fire, so that heat will dry up moisture.

Deflector (baffle over fire box): Whenever shelves are taken out for thorough cleaning, remove deflector and brush both sides.

Outside Oven Body: Once a week, wipe off dust with dry cloth. Give special attention to the top. Clean with light oil or damp cloth when oven is warm, not hot. Wipe dry. Clean any bright metal trim on the outside oven body with metal-cleansing powder.

STEAM EQUIPMENT

Steam-Jacket Kettle

Clean inside and outside of kettle after each use with scouring powder. Flush with hot water. Remove clean-out plug on end of faucet after each use and insert brush, moving it back and forth to clean pipe connecting faucet with body of kettle. Wipe supporting legs of kettle with damp cloth, wherever stains appear.

Steam Tables

Outside Metal Surface: Clean with damp cloth and scouring powder after each meal.

Water Compartment: Clean and drain after each meal period, first removing any food particles. Flush out with fresh water.

Vegetable Steamers

Compartments: Clean out food particles daily. Once a week, scrub bottoms, tops and walls of each compartment with scouring powder. If compartments have removable shelves, remove shelves to wash. Wipe gaskets around door frames and edge of door with damp clean cloth each day. When not in use, leave doors slightly ajar to allow air to circulate in compartments.

Outer Surface: Keep clean with damp cloth.

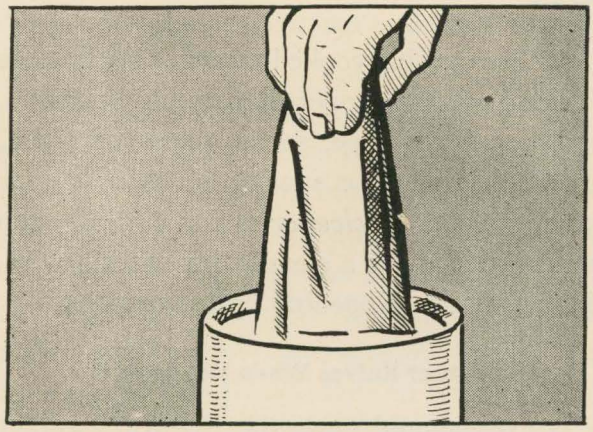
COFFEE URNS

All coffee-making equipment should be carefully cleaned immediately after it is used. *Failure to do this will impart an objectionable odor and taste to the next brew.* Here is the routine you must follow to insure a supply of good coffee at all times.

Do This After Each Use:

Empty sack containing the grounds as soon as it is removed from the crock.

Wash the sack thoroughly in cold water.



Keep sack submerged in cold water until the next time it is used. An empty coffee can is good for this purpose. If a sack does become dry, do not use it again.

Do not wash sack with soap as this will impart a foreign taste to the next brew.

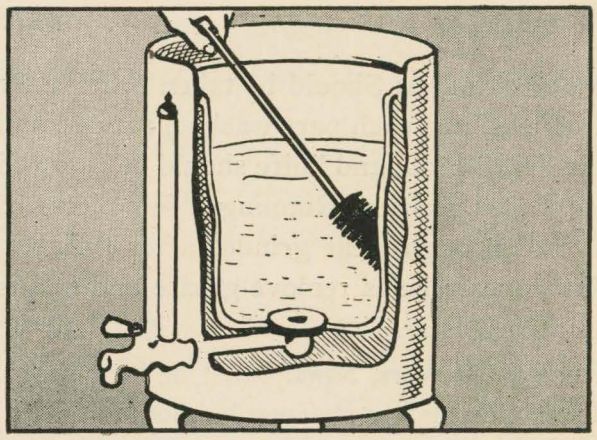
For best results in brewing coffee, sacks should be replaced at least once a week.

Clean the urn by following this step-by-step procedure:

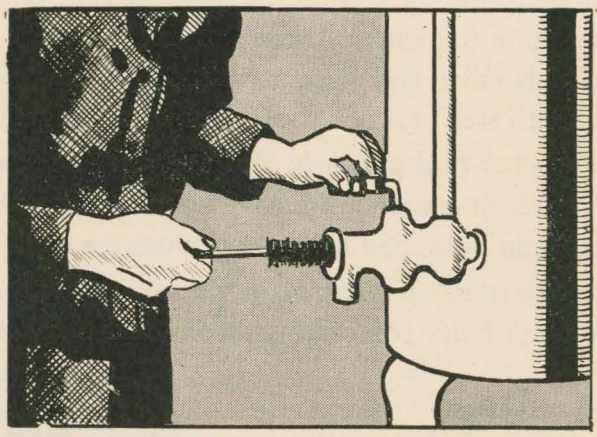
1. After all brewed coffee has been drawn from urn, fill the crock with two gallons of fresh hot water and thoroughly brush it out with a long-handled, stiff-bristled urn brush.
2. Drain the water off and again fill the crock with two gallons of fresh hot water; brush it out and drain it again.
3. If urn is not going to be used immediately, leave one or two gallons of water in the crock.

SCOUR URN TWICE A WEEK:

1. Fill outer jacket ¾ full of water and turn heat on under urn.
2. Fill crock ¾ full of water and ¼ cup of coffee urn cleaning compound or trisodium phosphate. Turn heat on full and allow this solution to remain in the crock for approximately 30 minutes.

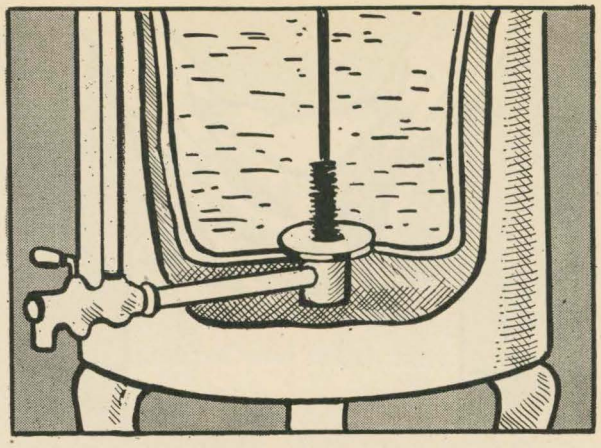


3. Scrub inside of crock and inside of cover with long-handled, stiff-bristled urn brush. Drain off water.



4. Remove clean-out cap at end of the coffee faucet and scrub thoroughly with long, thin brush. Run brush through coffee gauge glass.

5. Use long thin brush to clean plug at bottom of crock (see picture at right).
6. Rinse crock three or four times with fresh hot water, again brushing inside of crock, faucet, pipes, gauges, etc. Taste the last rinsing water to make certain that all foreign taste has been cleaned out. If the water does not taste clean, the crock must be scrubbed out and rinsed again until it does.



MEAT TOOLS

Meat Grinders: Should be taken apart after each use, and each part washed, scalded and air-dried. Plate and knife should be replaced in proper position. Running a few pieces of bread through meat grinder after grinding fatty meats helps remove grease and makes cleaning easier.

Knives, Cleavers, Saws: Must be kept sharp. Each man should sharpen his own tools.

Knives should be sharpened on water stone or oil stone. A power driven dry stone may ruin the temper of the cutting edge of a fine blade. Sharpen knives first on coarse side of stone to put on a bevel, then on the fine side of stone to remove "wire" or feather-edge. Finish edge and keep it sharp by using a smooth steel. (A rough steel may turn edge.)

Use each tool properly and only on the job for which it was designed. The most efficient tool can be ruined by improper use.

Use a *boning knife* for removing bones, a *steak knife* for cutting steaks and a *roast slicer* for carving cooked meats. NEVER use these for cutting bones that should be sawed, or for cutting rope, sacks, paper or wood. Use a meat saw for sawing bones, never for sawing wood. A *cleaver* is for cutting chop bones—never use a cleaver for cutting wire, driving nails or opening crates or cans.

Protect Knives When Not in Use

Knives should never be thrown together in a dish pan, drawer or box, as this dulls the cutting edges. Knives should be washed in warm water, rinsed, and wiped with a clean dry cloth without letting the cutting edge come in contact with other cutlery.

Knives should never remain in hot water as the wooden handles expand and when they later dry and shrink the rivets and handles become loose.

When not in use knives should be kept in a special rack or holder where the edges will be protected.

MEAT BLOCK

Keep cutting head of block dry. Allowing moisture from wet meat, brine and blood to soak into the wood causes the block to expand and the wood to soften. The glued joints become weak and bacteria and germs get into the cracks.

Scrape and brush cutting head (top) of block after each use. The block will be much easier to keep clean if blood and moisture from meat are not given a chance to soak deeply into the wood. Keep a thin layer of salt on the meat block when it is not in use.

Clean block thoroughly at end of day's work. Use steel scraper and brush. This will remove most of the moisture and allow the block to dry out overnight. It assures a clean, odorless, sanitary block. Never use water to clean block.

Maintain same bevel on edges of block that it had when purchased. This will prevent splitting and chipping of outside boards.

Turn block weekly. Every part of cutting surface will then wear down evenly.

MISCELLANEOUS

Baking Pans: New baking pans should be cleaned and properly "burnt in" before using. With pans of special metal, the recommendations of the manufacturers should be followed. However, the usual treatment of new pans is as follows:

Wipe pans clean. Place in oven having a temperature not over 400° F. After a short time (when surface starts to acquire a slightly bluish tinge), remove from oven, allow to cool slightly, and rub lightly with a clean cloth. While still fairly warm, grease lightly with a light, smooth-flowing fat. Return pans to oven and allow to remain a few minutes at slow heat (300° F.). After pans are removed from the oven and cooled, they are ready for regular use.

This preliminary heating of pans and subsequent greasing allows any volatile substance (like mineral oil) on surface to be volatilized or "burnt off" in the oven. The preliminary heating bakes the fat into the tiny pits and makes the surface smooth.

Clean baking pans after each use. Wash in soapy water to remove all grease, then rinse thoroughly in hot water. Drying over heat (on range mantel, for example) prevents rusting. Stack upside down to avoid exposure to dirt. Grease baking pans again just before using them.

Brushes

Bench Brush: For brushing off flour, sugar or any other dry product from the baker's work space. Not to be wetted when in use. Keep clean by washing occasionally with hot water and mild (hand) soap solution. Rinse and allow to air-dry.

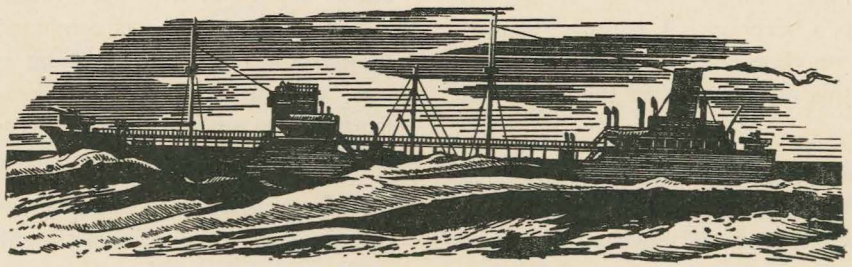
Pastry Brush: For brushing egg wash, melted butter, oil, milk, sugar syrup or water icing on bakery products. After each use, wash with mild soap solution, rinse and allow to air-dry.

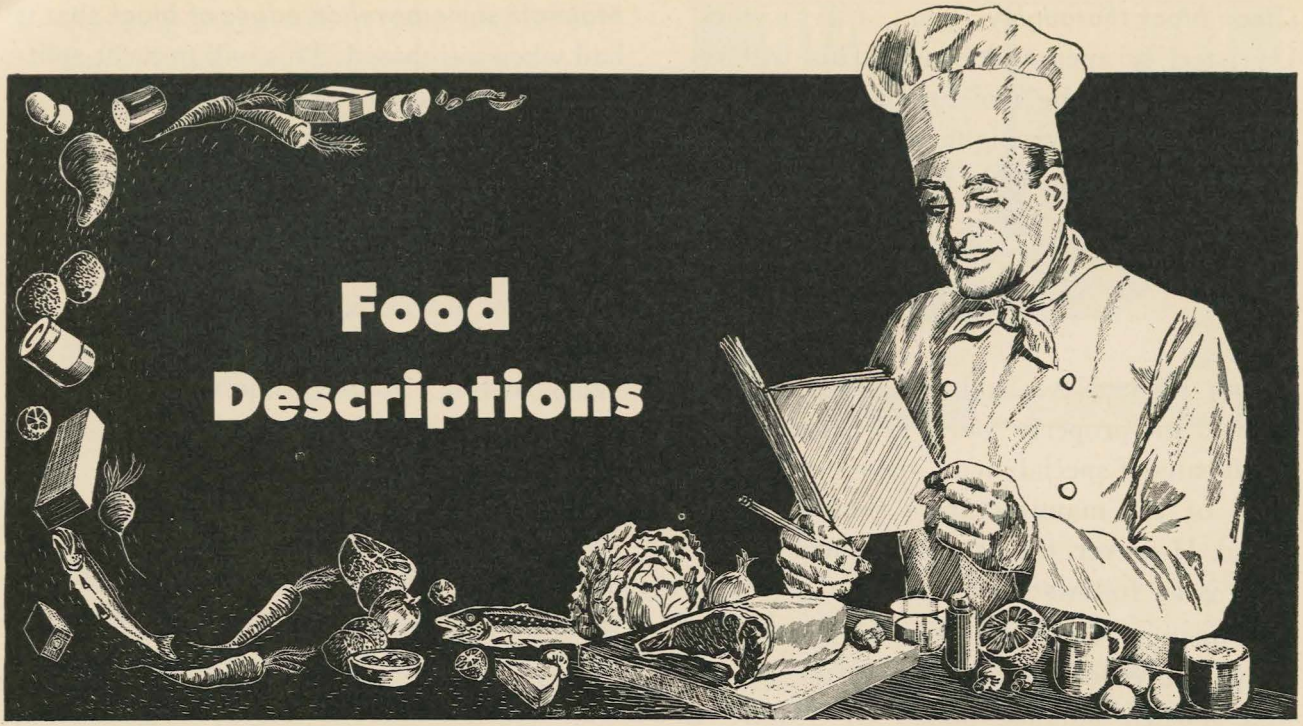
Grease Brush: For greasing muffin, bread and cake pans only. Wash occasionally with a mild soap solution, rinse and allow to air-dry before using.

IMPORTANT: ***Air-dry brushes with bristles downward.***

Rolling Pins: Should be cleaned by scraping, washing and drying after each use.

Thermometers: Whenever needed, and while thermometers are cold, clean with brush and scouring powder.





This list of selected food descriptions has been compiled as a source of useful information for beginners and as a handy reference for "old timers." It covers most of the foods with which you are likely to be supplied for shipboard feeding. When in doubt, consult this list for description of any food you wish to know about.

BUTTER contains at least 80% butterfat, has a high caloric value and is an excellent source of vitamin A. Butter is used to improve flavor and give additional nutritive value to vegetables, white sauces, cakes, icings, cookies and fruit fillings in pies.

CARAMEL is made from burnt sugar and water and is used to color and flavor sauces, ragouts, soups, etc. Do not add this coloring to foods like stews, which are colored by browning flour in fat.

CHIVES are plants of the onion family used in flavoring soups, omelets, etc.

CHOCOLATE (unsweetened) is made from ground cocoa beans and some of the fat is retained. It is used to color and flavor dessert sauces, cakes, cookies, puddings, cake icings, fillings and ice cream. It may also be used as a beverage. A whitish "bloom" sometimes appears on chocolate as a result of warm temperatures, but this does not affect the quality or taste in any way.

CHUTNEY is a spicy relish made from a variety of fruits and seasonings like currants, raisins, ginger, chillies, garlic, mustard seed and vinegar. It is most frequently served with cold meats and curried dishes, such as lamb and beef.

COLORING (red or yellow) is a tasteless vegetable compound frequently added to foods. It should be used with care because it is highly concentrated. Too much will produce a deep, unnatural color.

CORNMEAL is ground whole grain of corn and is used as a cooked cereal, as a coating for fried foods, puddings (Baked Indian), muffins and quick-breads and in scrapple (a mixture of pork trimmings).

CORNSTARCH is a fine white flour made from the kernel of corn and is about twice as strong in thickening power as wheat flour. It is used to thicken puddings, gravies, and sauces which have very little fat content, sweet sauces, pie and cake fillings.

CREAM OF TARTAR is an acid-tasting white crystalline deposit in wine vats, refined for use in cooking. Cream of tartar is combined with baking soda to make an emergency baking powder. It is also used to whiten egg white cakes and marshmallow icing and to smooth the consistency of sugar syrups when they are used in cooked icings.

EGGS, in addition to being served scrambled, fried, boiled, poached, or as omelets, add food value as well as flavor to other dishes. Eggs are used in many different ways, mainly to:

1. **Bind**—hold ground meat mixtures together; prevent crumbling of cakes, muffins, cookies, croquettes; hold coating of crumbs firmly on fried foods; prevent oil, vinegar, lemon juice separating in mayonnaise or hollandaise sauce; hold shortening and milk together in cake batter.
2. **Clarify**—egg whites help remove loose floating particles when such liquids as soups or meat stocks are strained.
3. **Color**—egg yolk gives a yellow color to lemon pie fillings, chicken gravies and cakes. Egg whites give a clean white color to white cakes, white cooked icings.
4. **Thicken**—for sauces, pie fillings, custards.
5. **Improve texture**—egg helps to keep frozen mixtures like ice cream smooth in texture.

EXTRACTS are flavors used in puddings, sauces, ice cream, cakes, cookies, cake icings and fillings. Extracts on the provision list are vanilla, lemon, almond, maple and rum.

FAT is an oily compound derived from animal and vegetable matter. It is called "shortening" in cooking and baking and is used for deep-fat and shallow frying (sauteing); for greasing bread and cake pans; for shortening baked goods and as a base for cream sauces. The several types of fats include:

1. **Vegetable Shortening.** A hardened vegetable oil such as cottonseed or corn oil. This fat is excellent for all purposes because of its mildness. It does not smoke quickly in deep fat frying, nor transfer the flavor of one food to another. Does not require refrigeration as long as it is kept away from air and light.
2. **Margarines.** *Oleo* margarine is a mixture of beef oleo oil, lard, vegetable oil (usually cottonseed), milk and salt. *Nut* margarine is usually made from coconut oil, a vegetable oil, milk and salt. Margarine requires refrigeration.
3. **Lard** is rendered pork fat used in cooking or baking.

FINNAN HADDIE is smoked haddock.

FLOUR is finely ground meal of a cereal or grain. It is used in baking and also thickens sauces, gravies, fillings. It provides a "coat" to which egg mix will cling for breaded foods; it is used to brown lean meats, such as liver and veal; it absorbs and holds juices when pounded in steaks.

GARLIC is a member of the wild onion family. The bulb has a pungent flavor and when used sparingly, will add tastiness in meats, salads or soups.

GELATIN is the powder form of a protein substance obtained from animal tissue. It is dissolved in boiling water for use in salads, jellied meats and desserts. Fruit flavors are often added.

HOMINY is the kernel of corn with hull removed.

HOMINY GRITS are coarsely ground hominy.

ICE CREAM MIX contains cream, eggs and sugar in a dry or liquid form. Water and flavoring or fruit are added to prepare the mixture for freezing.

JAMS, Jellies, Preserves, Fruit Butters are spreads which may also be used in jelly rolls, cake fillings, cookies and raised doughnuts or served with meats. Those supplied to WSA vessels are made by combining pure fruit or fruit juice with sugar.

Jam is made by boiling fruit until it breaks up in small particles in thickened juice.

Jelly is made by boiling the fruit juice with sugar.

Preserves are made by cooking fruit with sugar, retaining the shape of each piece of the fruit.

Marmalade is made by boiling thinly sliced fruit rinds, such as orange or grapefruit rinds, with sugar.

Fruit butters are made by straining cooked fruit to a smooth paste and adding sugar.

LEEKS are onion-like plants, smaller and less pungent than onion.

LEGUMES are dried beans (kidney, lima and navy) and peas, which are used as a base for soup.

MERINGUE is a light froth made of egg whites and sugar, usually used on top of pies.

MILK (evaporated) is made by evaporating about 60% of the water in regular milk. Undiluted, it may be used the same as cream. Diluted with an equal amount of water, it has the same richness as fresh milk. Because evaporated milk is sterilized in the can, it has a "cooked" taste. In ice cream, it improves smoothness. Evaporated milk keeps fairly well in cans, if not exposed to high temperature, but care should be taken to use old stock first. After a can is opened, the milk is almost as perishable as fresh milk.

MILK (dehydrated in powdered or flaked form) can be either whole or skimmed. In both, most of the water has been removed; in skimmed, the butterfat has also been removed. Whole milk powder, by the addition of the proper amount of water and with proper mixing, can be made into a product resembling whole fresh milk and may be used for making ice cream or for cooking purposes. If salt and

flavoring are added, a passable beverage is possible. Whole milk powder, because of its butterfat content, does not keep very well unless air-tight and away from high temperatures. Flaked milk should be handled just as powdered milk.

MINCEMEAT is a mixture of apples, salt, lean beef, currants, raisins, spices, orange and lemon peel, citron and lemon juice—used in pies.

MINT is a plant leaf used for flavoring.

MUSSELS are a type of shellfish. They are best when steamed like clams or creamed like oysters.

OIL (salad) is made from refined and deodorized vegetable oils, such as olive, corn, peanut, soy bean and cottonseed. Salad oil is used principally as the main ingredient in salad dressings, and may be used as a shortening in griddle cakes and for deep-pan frying (in an emergency only, as solid fat is supplied for this purpose). Salad oil becomes rancid if kept too long or if exposed to light.

OKRA is vegetable pod of okra plant. Called "gumbo" in the South. Used largely in soups.

RAGOUT is a highly seasoned stew.

ROQUEFORT CHEESE: A tangy, semi-hard cheese —considered one of the finest. Roquefort Cheese is served as a dessert with crackers or crumbled and sprinkled on a salad or added to a salad dressing.

SALTPETER is nitrate of potash used in conjunction with salt in corning.

SCALLIONS are young onions.

SCRAPPLE is a combination of corn meal, buckwheat flour, herbs and meat from hogshead and pigs feet. It is usually sliced and fried.

SHALLOTS are onion-like plants producing small clustered bulbs used like garlic for flavoring.

SHORTENING (See FATS).

SHRIMP is a type of shellfish ranging from one to several inches in length. Shrimp can be served alone or in combination with other fish.

SOY SAUCE is made from fermented soy beans and is most frequently used in flavoring Chinese dishes.

SPICES are savory condiments used to season soups, sauces, stews, puddings, cakes. Some are used for coloring and eye-appeal. The most common spices are used as follows:

Allspice seasons pot roasts, mincemeat.

Cinnamon flavors certain cakes, puddings and apple dishes.

Cloves (whole) flavor smoked ham, and are also present in mixed pickles. Cloves (ground) are used in certain cakes and are an important ingredient in mincemeat.

Ginger (ground) flavors baked goods and puddings.

Mace is similar to nutmeg as it is the ground outer covering of the nutmeg. It flavors pies and baked goods.

Mustard comes in two forms—dry and prepared. Dry mustard is also known as Mustard Flour or Ground Mustard and adds pungency to mayonnaise or devilled foods. Prepared mustard is a mixture of dry mustard, salt, vinegar and other spices, and is used on the table as a condiment.

Nutmeg flavors baked goods, puddings, sauces and some vegetables.

Paprika, with its distinctive red color, is used to garnish salads, vegetables, meat and fish. It gives flavor and color to cheese, creamy vegetable sauces, French dressing and mayonnaise.

Pepper seasons soups, sauces, stews, pot roasts. Ground black pepper is much stronger than white.

HERB SPICES are also on the provisions list:

Bay leaves flavor soups, stews, meats and fish.

Sage is a compound of whitish-green, pungent leaves which flavors pork, sausage, and meat stuffings. Sage is an ingredient of poultry seasoning.

Thyme seasons clam chowder, meat loaves, poultry seasoning, stews, soups and stuffings.

MIXED SPICES include:

Whole pickling spice, containing from 10 to 16 different spices, balanced to create a distinctive flavor. The larger spices like cinnamon sticks, ginger roots and leaves are cracked into pieces about ¼ inch square.

Chili powder is a mixture of ground Mexican red peppers that is used in chile con carne.

Curry powder is a yellow mixture of varied powdered spices used for flavoring stews, soups, sauces, etc.

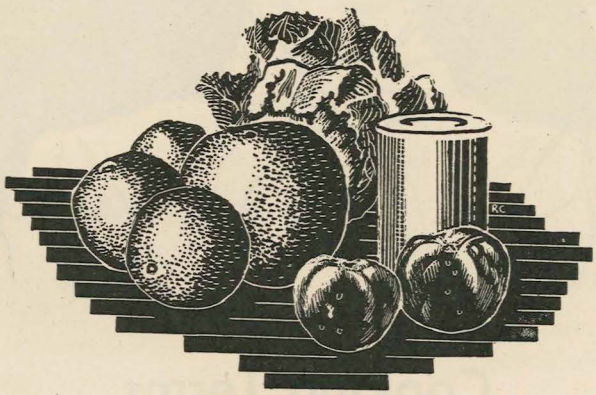
All spices lose their strength with age, especially if exposed to air. They should be stored in air-tight containers.

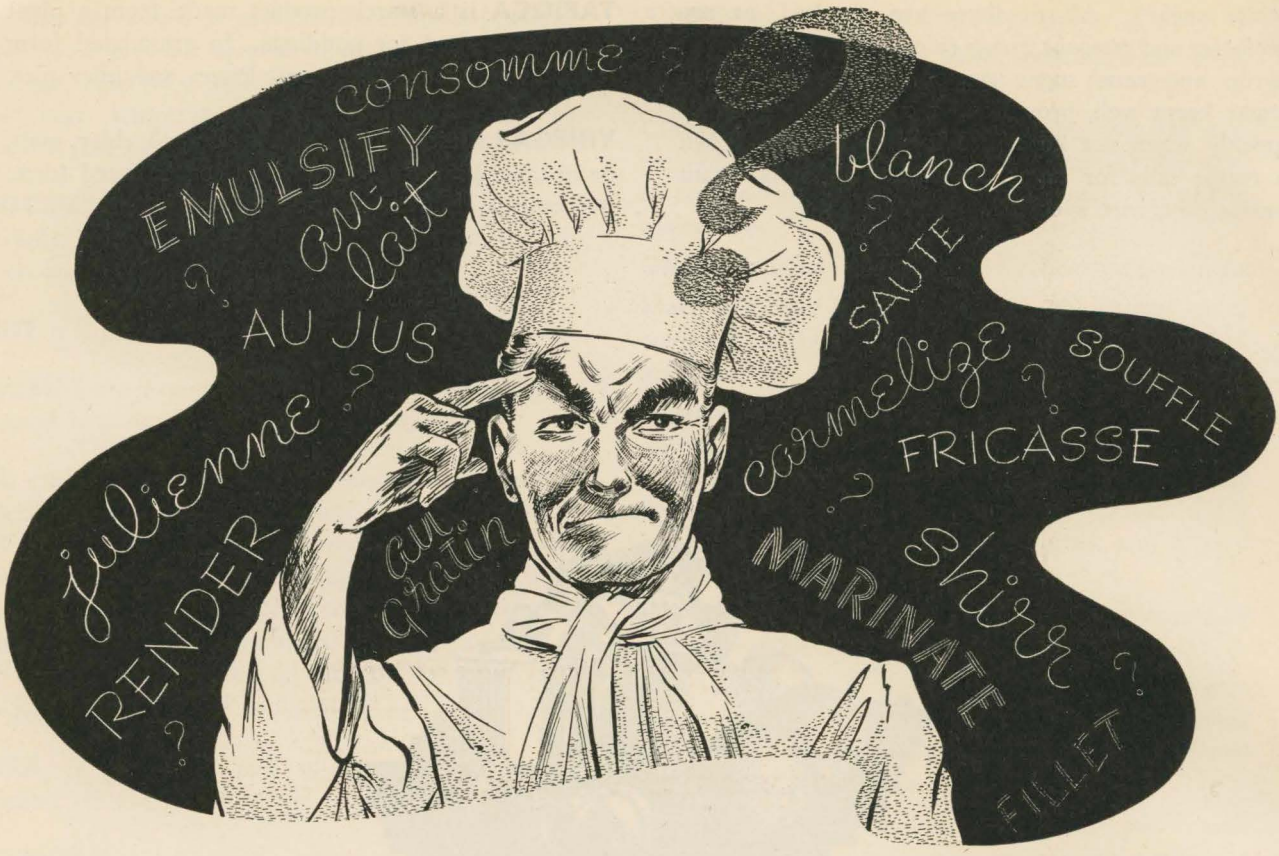
SUGAR is a carbohydrate derived principally from the beet and cane. Common forms are *finely granulated sugar* (for beverages, cakes); *confectioner's sugar* (for icings); or *brown sugar* (for special uses, such as glazing vegetables—not as sweet as

white sugar). All of these are supplied, as are *molasses and pancake syrup* (a combination of maple syrup and cane sugar syrup). While granulated sugar keeps well, brown sugar cakes or lumps very quickly when not kept free from moisture. When a recipe calls for sugar, granulated sugar is meant unless otherwise specified.

TAPIOCA is a starch product made from a plant root and is used for puddings. In granulated form it thickens sauces, binds meat loaves and juicy pies.

VINEGAR is made from fermented apple cider, malt, or distilled grain. If obtained in concentrated form, it should be diluted with water.





Cooking Terms

Here is a list of food descriptions which should be familiar to every good cook. Many of these descriptions may be probably well-known to you now, others may not be. Read over this list—and get acquainted with them all so you can use them correctly when giving orders.

AU GRATIN: Means made with a browned covering or crust of bread crumbs, often mixed with butter and cheese, as in potatoes au gratin.

AU JUS: Means in juice; served in dish gravy or cooked in meat stock, as in roast beef au jus.

AU LAIT: Means made with milk, as in coffee au lait.

BAKE: To cook by dry heat in an oven. The baking of meat is called *roasting.*

BASTE: To moisten foods as they cook, especially roasts, with melted fat, meat drippings, stock or water, alone or in combination.

BEAT: To lift mixture with a whip or a spoon to introduce air and make mixture smooth.

BINDER: Material, such as eggs, or a thick cream sauce used to hold other foods (example: croquettes) together in cooking.

BLANCH: To plunge vegetables into boiling water for a short time to modify strong flavor.

To rinse cereal products (example: cooked rice, macaroni) in hot or cold water to prevent sticking.

To cook in fat (250° F.) without browning (example: French fried potatoes).

BLEND: To mix ingredients thoroughly.

BOIL: To cook in actively bubbling liquid. Water boils at 212° F. at sea level. (Note: The correct term for so-called "boiled eggs" is *cooked;* that is, *hard-cooked* and *soft-cooked* eggs, as they should be simmered, not boiled.)

BRAISE: To brown meat or vegetables on all sides in a little hot fat, or oil, then to add a little liquid, cover, and cook tender over low top stove heat or in a slow oven.

BREAD: To dip a food in seasoned flour, then in a mixture of egg and milk and roll it in dry light-colored crumbs before frying.

BROIL: To cook under or over direct heat, without liquid. (*Same as to grill.*)

PAN-BROIL: To cook uncovered on a hot griddle or a hot pan, removing grease as it accumulates.

BROWN: To turn surface of food brown by heating in oven, pan, griddle, kettle on top of range or in hot fat.

CANDY: To cook fruits or vegetables in fat and sugar and syrup.

CARAMELIZE: To heat sugar or sugary foods slowly until sugar melts and turns golden brown.

CLARIFICATION: To make stock clear (as in consommé) by adding egg whites and egg shell to stock that is grease-free. When stock is brought to a slow boil the egg whites thicken and the cloudy particles adhere to egg whites and egg shell which can be removed.

CONSOMMÉ: A light clear soup made usually from a combination of veal or chicken or other meats.

CREAM: To beat a mixture of sugar, shortening and other ingredients until mixture increases in volume and all ingredients are thoroughly blended. Or, to prepare a white sauce for meat or vegetables.

CRISP: To make firm and brittle with cold water or dry heat.

CUBE: To cut into ½ inch squares or slightly smaller.

CURED: Fish or meat that has been salted, dried or smoked.

DEVIL: To prepare with "hot" seasoning, such as pepper or mustard.

DICE: To cut into ¼ inch cubes or slightly smaller.

DREDGE: To sprinkle or roll lightly with flour or sugar.

EMULSIFY: To blend oil and water in such a way as to prevent their separation. (Example: the addition of egg will keep oil and vinegar from separating in salad dressing. The egg acts as an "emulsifier.")

FAT ABSORPTION: Assimilation of fat by food fried in deep fat.

FILLET: A slice of lean, boneless meat or fish.

FRICASSEE: To braise pieces of fowl, lamb or veal.

FRIZZLE: To cook in a small amount of fat until crisp and curled at edges.

FRY: To cook in hot fat. When a small amount of fat is used, the process is known as *pan-frying* or *sauteing;* when food is partially covered by fat—*shallow frying;* when food is completely covered by fat—*deep-fat frying.*

GARNISH: To decorate one food with another.

GLACÉ: To develop a shiny surface by simmering with sugar.

GLAZE: To candy; to cook to a glacé.

GRATE: To break into small particles by rubbing on a "grater", such as grated lemon rind, cheese, etc.

GREASE: To apply shortening or fat on pans or griddle, usually with a brush.

GRILL: To broil.

GRIND: To put through food chopper using fine, medium or coarse blade.

HUMIDITY: The amount of moisture in the air as compared to complete saturation.

ICE: To cool by adding ice or surrounding with it.

INCORPORATE: To mix or blend one ingredient with another.

JULIENNE: To cut vegetables into long narrow strips.

LARD: Rendered pork fat. To Lard: To apply fat in strips on uncooked lean meat; to insert strips of fat with a skewer.

LUKEWARM: Mild temperature of liquid (about 80-85°F.).

MARINATE: To let stand for a short length of time usually in an oil-vinegar mixture.

MASH: To reduce to a soft, pulpy state.

MILK, LIQUID: Refers to fresh, fluid milk or to evaporated or powdered milk reconstituted to the equivalent of fresh fluid milk. (See Conversion Tables, page 335).

MINCE: To cut or chop into small pieces with knife or chopper.

MIX: To blend ingredients by stirring.

OVEN-BROIL: See Broil.

PAN-BROIL: See Broil.

PAN-FRY: See Fry.

PARBOIL: To boil food in water until partially cooked.

PASTEURIZE: To sterilize a liquid partially at a temperature (140° F.-180° F.) which destroys certain bacteria and arrests fermentation.

PEEL: To remove skin with knife or mechanical peeler.

POACH: To cook gently in hot liquid, usually below boiling point, so that shape of food is retained.

PURÉE: The finely strained pulp of vegetables or fruits.

REDUCE: Decrease volume by simmering a liquid mixture to a thickened consistency.

RENDER: To separate fat from meat by applying low temperature so that fat melts.

ROAST: See BAKE.

ROUX: Preparation of flour and melted butter or fat used to thicken sauces, soups or stews. Brown roux differs from white roux only in the toasting of the flour.

SAUTÉ: To pan-fry.

SCALD: To bring a liquid to a temperature just below the boiling point.

SCALLOP: To bake a food in combination with another food. *Scallop* (seafood) is a type of mollusk.

SCORE: To cut shallow slits or gashes in surface of food with knife, fork or other implement.

SCRAMBLE: To prepare eggs by stirring while cooking.

SEAR: To brown the surface of meat by short application of intense heat to develop flavor, and to improve appearance.

SHIRR: To prepare eggs by breaking into a casserole with butter or cream and cooking in an oven or on top of the range.

SHRED: To cut or tear into thin strips or pieces with a knife or a shredder attachment.

SIFT: To put through a sifter or fine sieve. Example: flour.

SIMMER: To cook in liquid at a temperature just below the boiling point (185° to 210° F.).

SKEWER: A metal or wood pin used to fasten meat or poultry together during cooking.

SOUFFLÉ: A delicate spongy hot dish, made from a sweet or savory mixture, as a custard or sauce, especially one containing minced cheese, fruit, fish or meat into which stiffly beaten egg whites have been folded just before baking.

STEAM: To cook in steam with or without pressure.

STEEP: To let stand in hot liquid below boiling temperature to extract flavor, color or other qualities. Example: Tea leaves in making tea.

STERILIZE: To destroy bacteria and micro-organisms by use of boiling water, heat, or steam.

STEW: To simmer in small amount of liquid.

SUGAR: To cover with sugar.

TOAST: To brown surface of food by application of direct heat.

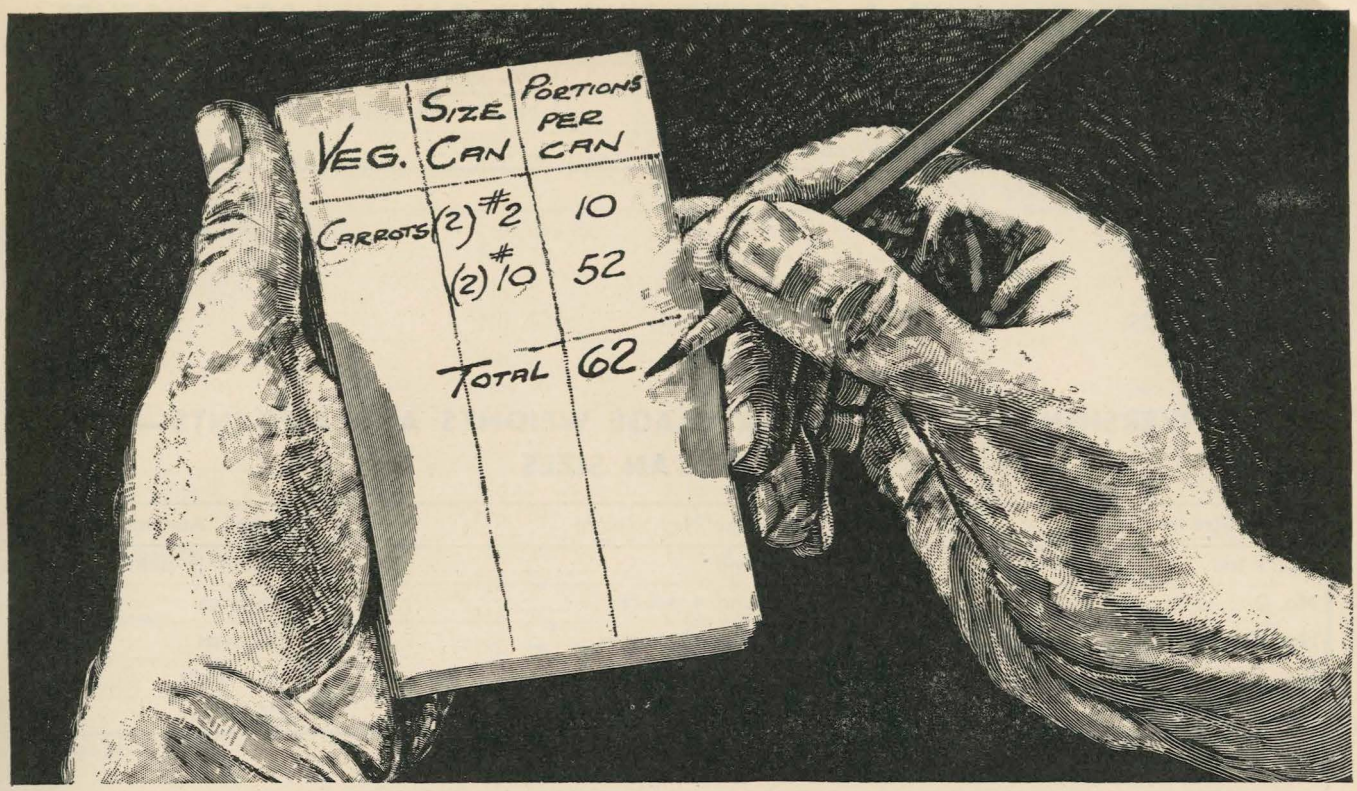
TOSS: To mix lightly. (Example: tossing salad ingredients.)

TRUSS: To bind or fasten together.

TRY OUT: To fry bits of solid fat or fat meat until fat is separated from membrane, as in case of salt pork.

WASHING: Brushing liquid over bread or rolls.

WHIP: To beat rapidly to incorporate air.



Conversion Tables

With a little careful study, you'll find that the Conversion Tables on the pages that follow are truly the "Cook's best friend." Here are quick, easy answers to all those perplexing questions such as "How many tablespoons to a cup?", "How many halved apricots in one No. 10 can?", "How much dry whole milk should be substituted for 1 cup of evaporated milk?" These, and many other questions like them, are answered *for* you—once you have learned to use these Tables correctly. For faster, easier, surer cooking, make it a point to familiarize yourself with these Tables—and *use them regularly.*

CONVERSION TABLE NO. 1 — EQUIVALENTS OF WEIGHTS AND MEASURES

3 teaspoons	equal	1 Tablespoon
16 Tablespoons	equal	1 cup
1 cup (standard measuring)	equals	½ pint (8 fluid ounces)
2 cups	equal	1 pint
2 pints	equal	1 quart
4 quarts	equal	1 gallon
8 quarts (dry)	equal	1 peck
4 pecks	equal	1 bushel
16 ounces	equal	1 pound
32 ounces	equal	1 fluid quart

CONVERSION TABLE NO. 2 — SUBSTITUTING ONE CAN SIZE FOR ANOTHER

1 No. 10 can equals 7 No. 1. cans	1 No. 10 can equals 3 No. 3 cans
1 No. 10 can equals 5 No. 2 cans	1 No. 10 can equals 2 No. 5 cans
1 No. 10 can equals 4 No. 2½ cans	

CONVERSION TABLE NO. 3 — AVERAGE WEIGHTS AND AMOUNTS — VARIOUS CAN SIZES

Size of Can	Average Net Weight	Approx. Amounts
No. 1 tall	1 pound	2 cups (1 pint)
No. 2	1 pound 4 ounces	2½ cups
No. 2½	1 pound 12 ounces	3½ cups
No. 5	3 pounds 8 ounces	1¾ quarts
No. 10	6 pounds 10 ounces	3¼ quarts

CONVERSION TABLE NO. 4 — WEIGHTS AND AMOUNTS — NO. 10 CANS

NUMBER OF NO. 10 CANS	APPROXIMATE WEIGHT		APPROXIMATE AMOUNTS			
	Pounds	Ounces	Cups	Pints	Quarts	Gallons
½	3	5	6½	3¼	1 3/5	..
1	6	10	13	6½	3¼	..
4	26	8	52	26	13	3¼
8	53	..	104	52	26	6½
10	66	4	130	65	32½	8
12	79	8	156	78	39	9¾
16	106	..	208	104	52	13
20	132	8	260	130	65	16¼
24	159	..	312	156	78	19½
28	185	8	364	182	91	22¾
30	198	12	390	195	97½	24 2/5

CONVERSION TABLE NO. 5 — WEIGHTS AND YIELDS — CANNED VEGETABLES

PRODUCT — STYLE	SIZE OF CAN	NET WEIGHT PER CAN INCL. LIQUID	WEIGHT OF PORTION IN OZS. (DRAINED WGT.)	AVERAGE NO. PORTIONS PER CAN	APPROX. NO. CANS FOR 100 PORTIONS
Asparagus, spears or stalks	No. 2½ Sq.	1 lb. 12 oz.	3½ - 4	5	20
	No. 10	6 lbs. 10 oz.	3½ - 4	20	5
Beans, snap green and wax	No. 2	1 lb. 3 oz.	3	4	25
	No. 10	6 lbs. 5 oz.	3	25	4
Beets	No. 2	1 lb. 4 oz.	3	5	20
	No. 10	6 lbs. 8 oz.	3	26	4
Carrots	No. 2	1 lb. 4 oz.	3	5	20
	No. 10	6 lbs. 8 oz.	3	26	4
Corn (creamed)	No. 2	1 lb. 4 oz.	4	5	20
	No. 10	6 lbs. 10 oz.	4	25	4
Peas, early or sweet	No. 2	1 lb. 4 oz.	3	5	20
	No. 10	6 lbs. 9 oz.	3	25	4
Sauerkraut	No. 2½	1 lb. 11 oz.	4	5	20
	No. 10	6 lbs. 3 oz.	4	20	5
Spinach	No. 2½	1 lb. 11 oz.	4	5	20
	No. 10	6 lbs. 2 oz.	4	24	4
Squash	No. 2½	1 lb. 13 oz.	4	7	14
	No. 10	6 lbs. 10 oz.	4	26	4
Tomatoes	No. 2½	1 lb. 12 oz.	4	6	16
	No. 10	6 lbs. 6 oz.	4	25	4
Tomato Juice	No. 2	1 pt. 2 fl. oz.	5	3	33
	No. 5	1 qt. 14 fl. oz.	5	9	11
	No. 10	3 qts.	5	18	5½
Tomato Puree, heavy	No. 10	6 lbs. 9 oz.			

CONVERSION TABLE NO. 6 — EQUIVALENTS — CANNED FRUIT JUICE

SIZE OF CAN	EQUIVALENT NO. OF CUPS	APPROXIMATE AMOUNT
No. 2	2½	1 pt.
No. 3 Cylinder	5¾	1 qt.
No. 10	12	3 qts.

CONVERSION TABLE NO. 7 — WEIGHTS AND YIELDS OF CANNED FRUITS

PRODUCT	SIZE OF CAN	NET WEIGHT PER CAN	APPROX. COUNT PER CAN	SIZE OF PORTION	AVERAGE PORTIONS PER CAN	NO. CANS FOR 100 PORTIONS
Apples	No. 2	1 lb. 2 oz.	...	...	...	...
heavy pack	No. 10	6 lbs.	...	...	...	...
Applesauce	No. 2	1 lb. 4 oz.	...	4 oz.	5	20
	No. 10	6 lbs. 11 oz.	...	4 oz.	27	4
Apricots	No. 2½	1 lb. 14 oz.	18 to 24	3 halves	7	15
halves	No. 10	6 lbs. 12 oz.	84	3 halves	28	3½
Blackberries	No. 2	1 lb. 4 oz.	...	4 oz.	5	20
	No. 10	6 lbs. 10 oz.	...	4 oz.	26	4
Cherries—red sour	No. 2	1 lb. 3 oz.	...	...	...	...
pitted	No. 10	6 lbs. 11 oz.	...	...	...	...
Cranberry Sauce	No. 10	7 lbs. 5 oz.	...	2 oz.	54	2
Figs	No. 2½	1 lb. 14 oz.	18	3 figs	6	16
	No. 10	7 lbs.	100	3 figs	35	3
Fruit Cocktail	No. 2½	1 lb. 14 oz.	...	4 oz.*	7	15
	No. 10	6 lbs. 12 oz.	...	4 oz.*	27	4
Fruits for Salad	No. 2½	1 lb. 14 oz.	...	4 oz.	7	15
	No. 10	6 lbs. 12 oz.	...	4 oz.	27	4
Grapefruit	No. 2	1 lb. 4 oz.	...	4 oz.	4	25
	No. 10	6 lbs. 9 oz.	...	4 oz.	26	4
Grapefruit juice	No. 2	18 oz.	...	5 oz.	3	35
	No. 5	1 qt. 14 oz.	...	5 oz.	9	11
	No. 10	3 qts.	...	5 oz.	18	5½
Orange juice	No. 2	18 oz.	...	5 oz.	3	35
	No. 5	1 qt. 14 oz.	...	5 oz.	9	11
	No. 10	3 qts.	...	5 oz.	18	5½
Peaches	No. 2½	1 lb. 14 oz.	10	2 halves	5	20
Clingstone	No. 10	6 lbs. 14 oz.	66	2 halves	33	3
Peaches	No. 2½	1 lb. 14 oz.	10	2 halves	4	25
Freestone halves	No. 10	6 lbs. 14 oz.	50	2 halves	25	4
Pears	No. 2½	1 lb. 14 oz.	8	1 half	8	12½
	No. 10	6 lbs. 12 oz.	28	1 half	28	3½
halves	No. 10	6 lbs. 12 oz.	35 to 40	1½ halves	25	4
Pineapple sliced	No. 2½	1 lb. 14 oz.	8	1 slice	8	12½
	No. 10	6 lbs. 12 oz.	28	1 slice	28	3½
	No. 10	6 lbs. 12 oz.	50	2 slices	25	4
Pineapple crushed	No. 2½	1 lb. 14 oz.	...	4 oz.	7	15
	No. 10	6 lbs. 14 oz.	...	4 oz.	28	3½
Pineapple juice	No. 2	18 oz.	...	5 oz.	3	35
	No. 5	1 qt. 14 oz.	...	5 oz.	9	11
	No. 10	3 qts. 2 oz.	...	5 oz.	18	5½
Plums						
whole	No. 10	6 lbs. 14 oz.	38	2 plums	19	5
Prunes	No. 2	1 lb. 14 oz.	30	6 prunes	5	20
prepared	No. 10	6 lbs. 14 oz.	185	5 prunes	35	3
Raspberries	No. 2	1 lb. 5 oz.	...	4 oz.	5	20
	No. 10	6 lbs. 14 oz.	...	4 oz.	28	3½

*Including Syrup.

CONVERSION TABLE NO. 8 — HOW TO SUBSTITUTE FRESH, EVAPORATED AND WHOLE OR SKIM MILK

FRESH LIQUID MILK		EVAPORATED MILK		Water (to be added)	DRY WHOLE MILK		Water (to be added)	DRY SKIM MILK		Water (to be added)
Weight	Amounts (approx.)	Weight	Amounts (approx.)	Amounts (approx.)	Weight	Amounts (approx.)	Amounts (approx.)	Weight	Amounts (approx.)	Amounts (approx.)
1 lb., 1 oz.	1 pt.	9 oz.	1 cup	1 cup	2 oz.	½ cup	1 pt.	1¾ oz.	⅜ cup	1 pt.
2 lb., 2 oz.	1 qt.	1 lb., 2 oz.	1 pt.	1 pt.	4 oz.	⅞ cup	1 qt.	3½ oz.	¾ cup	1 qt.
8 lb., 8 oz.	1 gal.	4 lb., 7 oz.	2 qt.	2 qt.	1 lb.	3½ cups	1 gal.	14 oz.	3 cups	1 gal.
42 lb., 8 oz.	5 gal.	22 lb., 3 oz.	2½ gal.	2½ gal.	10 lb.	1 gal., 1½ cups	5 gal.	4 lb., 6 oz.	3¾ cups	5 gal.
85 lb.	10 gal.	44 lb., 6 oz.	5 gal.	5 gal.	5 lb.	2 gal., 3 cups	10 gal.	8 lb., 12 oz.	7½ qts.	10 gal.
		NOTE: To reconstitute evaporated milk, combine equal amounts of evaporated milk and water.								

CONVERSION TABLE NO. 9 — WEIGHTS AND MEASURES FOR SPECIFIC FOODS

ARTICLE	WEIGHTS	MEASURE
Allspice, ground	1 oz. 3½ oz.	4½ Tbsp. 3 cups
Apples, chopped	1 lb.	1 qt.
Apples, sliced	1 lb.	11/6 qts.
Apples, diced	1 lb.	1 qt.
Apple Sauce	1 lb.	2 cups
Apricots, A.P. (dried)	1 lb.	3 cups
Bacon, sliced raw	1 lb.	15-20 slices
Bacon, diced raw	1 lb.	1 pt.
Bacon, cooked, diced	1 lb.	1½ cups
Bacon fat, melted	7½ oz.	1 cup
Baking Powder	1 oz. 6 oz.	2⅔ Tbsp. 1 cup
Baking Soda	1 oz. 7¼ oz.	2⅛ Tbsp. 1 cup
Barley, A.P.	1 lb.	2 cups
Beans, dry, 1 lb. after cooking	2½ lbs.	1½-1¾ qts.
Beef, cooked, chopped	1 lb.	1 pt.
Beef, cooked, diced	1 lb.	1½ pts.
Beef, raw, ground	1 lb.	2 cups
Beets, diced, cooked Beets, canned	1 lb.	2½ cups
Bread, broken	1 lb.	2 qts.
Bread, soft, broken	1 lb.	2¼ qts.
Breadcrumbs, dry	1 lb.	1¼ qts.
Breadcrumbs, fresh	1 lb.	2 qts.
Butter	1 lb.	2 cups
Cabbage, shredded or chopped	1 lb. 12 oz.	1⅓ qts. 1 qt.
Carrots, diced, raw	1 lb.	3 cups
Carrots, diced, cooked	1 lb.	3 cups
Celery, cubed, raw	1 lb.	1 qt.
Celery, seed	1 oz. 2⅔ oz.	6 Tbsp. 1 cup
Cheese, diced ¼"	1 lb.	3½ cups
Cheese, grated	1 lb.	1 qt.
Cheese, cottage	1 lb.	2 cups
Cheese, cream	1 lb.	2 cups
Cherries, maraschino	40 cherries equals	1 cup
Chicken, cooked, cubed	1 lb.	3 cups
Chili Powder	1 oz. 2⅔ oz.	6 Tbsp. 1 cup
Chocolate	1 lb.	16 squares
Chocolate, grated	1 lb. 1 oz.	4 cups 4 Tbsp.
Chocolate, melted	1 lb.	2 cups

ARTICLE	WEIGHTS	MEASURE
Cinnamon, ground	1 oz. 3½ oz.	4½ Tbsp. 1 cup
Cloves, ground	1 oz. 4 oz.	4 Tbsp. 1 cup
Cloves, whole	1 oz. 2⅔ oz.	6 Tbsp. 1 cup
Cocoa	1 lb. 3½ oz.	4½ cups 1 cup
Cocoanut, shredded	1 lb. 2⅛ oz.	7 cups 1 cup
Coffee, ground fine	1 lb.	5 cups
Cornflakes	4 oz.	1 qt.
Cornmeal	1 lb.	3 cups
Corn Syrup	11 oz.	1 cup
Cornstarch	1 oz. 5⅓ oz.	3 Tbsp. 1 cup
Cracker Crumbs	1 lb. 10¼ oz.	6¼ cups 1 qt.
Cranberries, raw	1 lb.	1 qt.
Cream of Tartar	5⅓ oz. 1 oz.	1 cup 3 Tbsp.
Cucumbers, diced	1 lb.	1½ pts., 3 cups
Currants, dried	1 lb. 5⅓ oz.	3 cups 1 cup
Curry Powder	1 oz. 3½ oz.	4½ Tbsp. 1 cup
Dates, pitted, finely cut	1 lb. 6½ oz.	2½ cups 1 cup
Dressing, boiled	1 lb.	1 pt.
Eggs, whole, broken	1 lb.	1 pt. or 10 eggs
Eggs, chopped, hard-cooked	1 lb. 5¾ oz.	2¾ cups 1 cup
Egg Whites	8 oz.	1 cup or 8 whites
Egg Yolks	8 oz.	1 cup or 12 yolks
Fish, fresh cooked, chopped	1 lb.	2 cups
Flour, white, sifted	1 lb. 4 oz.	1 qt. 1 cup
Gelatin, unflavored, granulated	1 oz. 1 lb.	3¼ Tbsp. 3¼ cups
Gelatin, unflavored	4⅞ oz.	1 cup
Gelatin, dessert, flavored	1 lb. 6½ oz. 26 oz.	2½ cups 1 cup 4 cups
Ginger, ground	1 oz. 3¼ oz.	5 Tbsp. 1 cup
Ham, cooked, diced	1 lb.	3 cups

CONVERSION TABLE NO. 9 — Continued

ARTICLE	WEIGHTS	MEASURE
Ham, cooked, ground	1 lb.	2 cups
Hominy Grits	1 lb.	3 cups
Honey	11 oz.	1 cup
Horseradish, prepared	1 oz.	2 Tbsp.
Jam	1 lb. 10⅔ oz.	1½ cups 1 cup
Lard, A.P.	1 lb.	2 cups
Lemons, 5 to 6 (360 size)		1 cup juice
Lemon Juice	1 oz.	2 Tbsp.
Lemon rind of 8 lemons	1 oz.	4 Tbsp.
Lettuce, broken or shredded	8 oz.	1 qt.
Macaroni, uncooked	1 lb.	5 cups
Macaroni, 1 lb. A.P. after cooking	5 lbs.	2½ qts.
Maple tablets, imitation	2 tablets	1 tsp. liquid
Mayonnaise	1 lb.	2 cups
Meat, cooked, chopped	1 lb.	2 cups
Milk, liquid	1 lb.	2 cups
Milk, powdered	1 lb.	2½ cups
Milk, evaporated, No. 1 can	2 2/5 cans	1 qt.
Milk, evaporated, No. 1 tall can	14½ oz.	1⅔ cups
Mixed Spices	3½ oz. 1 oz.	1 cup 4½ Tbsp.
Molasses	11 oz.	1 cup
Mushrooms, fresh, sliced	1 lb. 12¾ oz.	5 cups 1 qt.
Mustard, dry	1 oz. 3¼ oz.	5 Tbsp. 1 cup
Mustard, seed	1 oz. 4 oz.	5 Tbsp. 1 cup
Noodles, 1 lb. after cooking	4½ lbs. 1¼ lbs.	3½ qts. 1 qt.
Noodles, uncooked, broken	1 lb.	2 qts.
Nutmeats, chopped	1 lb.	1 qt.
Nutmeg, ground	1 oz. 4½ oz.	3⅔ Tbsp. 1 cup
Oats, rolled	1 lb. 13½ oz.	4¾ cups 1 qt.
Oil	7½ oz.	1 cup
Olives, stuffed, chopped drained	7 oz. 1 lb.	1 cup 2¼ cups
Onions, chopped	1 lb. 1 lb., 5 oz.	3 cups 1 qt.
Paprika	1 oz.	3¾ Tbsp.

ARTICLE	WEIGHTS	MEASURE
Parsley, chopped	3 oz. 1 oz.	1 cup 5¼ Tbsp.
Peanut Butter	1 lb.	1⅔ cups
Peas, cooked	12 oz. 1 lb.	2 cups 2⅔ cups
Peas, yellow or green split, A.P.	1 lb.	2¼ cups
Peas, 1 lb., dried after cooking	2½ lbs.	5½ cups
Pepper, ground	1 oz.	3⅔ Tbsp. (11 tsp.)
Peppers, green, chopped	1 lb.	1 qt.
Pickles, chopped	1 lb.	3 cups
Pickles, sweet relish	1 lb. 5¾ oz.	2¾ cups 1 cup
Pimentos, chopped, drained	7 oz. 1 lb.	1 cup 2¼ cups
Pineapple, diced	1 lb.	2 cups
Potatoes, cooked, diced	1 lb. 1 lb., 9 oz.	2½ cups 1 qt.
Potatoes, A.P., cooked and diced	1 lb.	2 cups
Potatoes, sweet, diced	7 oz.	1 cup
Prunes, A.P., cooked, drained	2 lbs.	3 cups
Raisins, seedless	1 lb. 5⅓ oz.	3 cups 1 cup
Rice, uncooked	1 lb.	2 cups
Rice, 1 lb., after cooking	3 lbs., 6 oz.	2 qts.
Sage	1 oz. ¼ oz.	½ cup 4 Tbsp.
Salmon, flaked, drained, boned (1—1 lb. can)	11 oz.	2 cups
Salt	1 oz. 8 oz.	2 Tbsp. 1 cup
Shortening, vegetable	1 lb. 7 oz.	2¼ cups 1 cup
Soda	1 oz. 8 oz.	2 Tbsp. 1 cup
Sauerkraut	1 lb.	3 cups
Spaghetti, raw, 2" pieces	1 lb. 11¼ oz.	5 cups 1 qt.
Spaghetti, 1 lb., A.P., after cooking	4 lbs. 1½ lbs.	2½ qts. 1 qt.
Spinach, raw, chopped	1 lb.	1 gal.
Spinach, cooked	1 lb.	2 cups
Spinach, 1 lb., A.P., after cooking	7 oz.	1½ cups
Squash, hubbard, cooked and mashed	1 lb.	2 cups

CONVERSION TABLE NO. 9 — Continued

ARTICLE	WEIGHTS	MEASURE
Squash, summer, cooked and mashed	1 lb.	2 cups
Sugar, granulated	1 lb. 7 oz.	2¼ cups 1 cup
Sugar, brown	6 oz. 1 lb.	1 cup 2⅔ cups
Sugar, sifted	4½ oz. 1 lb.	1 cup 3½ cups
Syrup, corn	11 oz.	1 cup
Syrup, pancake	11 oz.	1 cup
Tapioca, pearl	3½ cups	1 lb.
Tapioca, minute	1 lb. 1 oz.	3 cups 3 Tbsp.
Tea	1 lb. 2⅔ oz.	1½ qts. 1 cup
Tuna, flaked	1 lb.	2 cups
Turnips, diced, raw	1 lb. 5⅓ oz.	1½ pts. 1 cup
Tomatoes, fresh, diced	1 lb.	2 cups
Vanilla	1 oz.	2 Tbsp.
Vanilla, tablets	1 tablet	1 tsp. liquid
Vinegar	1 oz.	2 Tbsp.
Wheat, cereal, granulated	1 lb.	3 cups

CONVERSION TABLE NO. 10 — WEIGHTS AND AMOUNTS — EVAPORATED MILK

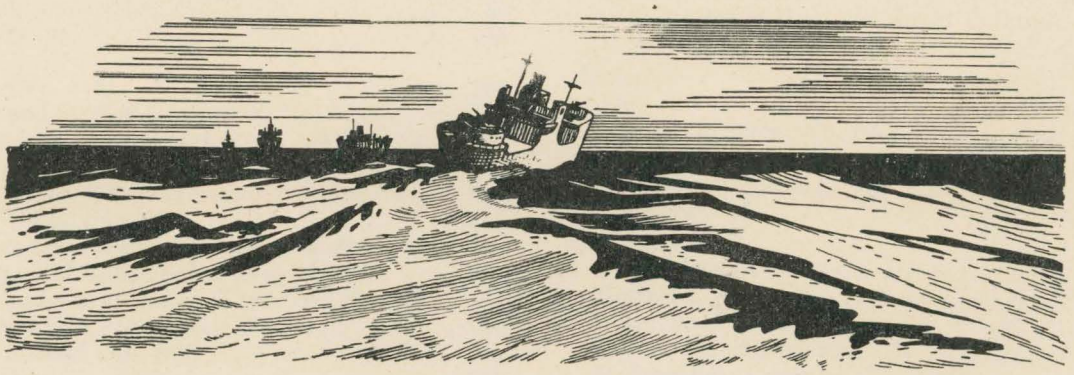
NUMBER OF NO. 1 TALL CANS	APPROXIMATE WEIGHT		APPROXIMATE AMOUNTS		
	Pounds	Ounces	Cups	Quarts	Gallons
½	..	7 1/4	5/6	..	..
1	..	14 1/2	1 2/3	..	..
4	3	10	6 2/3	1 2/3	..
8	7	4	13 1/3	3 1/3	..
10	9	1	16 2/3	4 1/6	1
12	10	14	20	5	1 1/4
16	14	8	26 2/3	6 2/3	1 7/10
20	18	2	33 1/3	8 1/3	2 1/10
24	21	12	40	10	2 1/2
28	25	6	46 2/3	11 2/3	2 9/10
30	27	3	50	12 1/2	3 1/8
1 No. 12 (Confectioners' Size)	8	..	16	4	1

CONVERSION TABLE NO. 11 — WEIGHTS AND AMOUNTS — FRESH AND POWDERED EGGS

FRESH SHELL EGGS		POWDERED EGGS PLUS WATER			
Weight	Amounts (approx.)	Weights		Amounts (approx.)	Amounts
Pounds		Pounds	Ounces		
.....	1 egg (3 Tbsp.)	...	...	2 Tbsp.	2 to 2½ Tbsp.
1	10 eggs (1 pint)	...	4	1 cup	1½ cups
2	20 eggs (1 quart)	...	8	1 pint	1½ pints
10	100 eggs (1¼ gallons)	2	8	1½ quarts	3¾ quarts

TO RECONSTITUTE POWDERED EGGS

Sprinkle powdered eggs into cold water, stirring constantly to avoid lumping. Mix until smooth. Never add hot water to powdered eggs.



Index

This Index comprises a complete alphabetical listing of all topics, items, recipes and their variations. Page numbers are listed on the right hand of each column, directly opposite the item to which they refer. The names of recipes are given in capital letters. The *recipe number* is next to the name of the recipe, set off by parentheses. If the dish you wish to prepare is a *variation* of a recipe, it will be listed as in the following example: "Apricot Whip (*Variation, No. 266*) ....171" All you have to do is look up the Variation listed at the bottom of Recipe No. 266 on page 171. With a little practice, you will find that this Index is a handy guide to all the information you need to fulfill your duties as Ship's Cook or Baker.

[A]

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